MORE UP-TO-DATE and ECONOMICAL COOKERY

MAY LITTLE
AND
DORA GROOME

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MORE UP-TO-DATE AND ECONOMICAL COOKERY

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Up-to-Date and Economical Cookery.

By Dora Groome. Revised by May Little.

Upwards of 320 pages, cloth gilt.

This practical Cookery Book has been out of print for close upon four years, during which time the publishers have been besieged with requests for a new edition. The book has been revised and considerably improved. The volume contains 1,000 recipes approximately.

Toronto: Bell & Cockburn.

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BY

DORA GROOME

AND

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TORONTO

BELL & COCKBURN

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PREFACE.

THIS small book was written as a continuation of "Up-to-Date and Economical Cookery," which, published some years ago, has been recently revised and brought up to date. It follows on the lines of that Cookery Book, and is intended to be a guide and friend to all lovers of cooking and housekeeping—especially those who study economy either from choice or necessity. Throughout the book nothing of an extravagant nature is found, and great care has been taken to make the recipes clear and concise.

Cookery is an art, and to all those who consider it as such this book is dedicated.

MAY LITTLE.

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More Up-to-date and Economical Cookery.

CHAPTER I.

SOUPS.
(1 to 46).

1.—Consommé.

½ lb. shin of beef.	2 whites of eggs.
1 onion.	2 shells.
1 carrot.	2 qts. stock.
1 stick of celery.	½ gill sherry.
bouquet garni.	salt and pepper.

Remove every particle of fat from the stock, which must be cold. Shred the beef and prepare the vegetables, and add to the stock in a saucepan with the bouquet garni. Whip the whites of eggs and crush the shells ; add to the stock, and whisk over the fire until it begins to boil. Draw it aside and allow it to simmer for 10 to 15 minutes. When it looks clear, season it and strain through a cloth ; add the wine at the same time. Re-heat and add the garnish, and it is ready to serve. Every consommé takes its name from the garnish.

A bouquet garni should contain 12 peppercorns,

2 cloves, bay leaf, sprig of parsley, little lemon peel, and a pinch of mixed herbs, tied in muslin.

2.—Consommé à la Kursal.

1 qt. consommé (No. 1).	asparagus heads.
	onion.
young carrots.	French beans
young turnips.	2 or 3 lettuce leaves.
peas.	salt and pepper.

Prepare all the vegetables carefully. Cut them into small dice or small fancy shapes. Cook them separately in salted water and drain them; the lettuce leaves should be cut into small shreds. Heat the consommé; season well. Put the vegetables in a hot soup tureen, pour the consommé over, and serve at once.

3.—Consommé à la Russe.

1 qt. clear soup (No. 1).	1 leek.
2 carrots.	1 glass of sherry
2 sticks of celery.	salt and pepper.

Cut the vegetables into thin strips or shreds. Cook them in salted water; drain them. Heat up the clear soup, add sherry, and season well. Put the garnish in a hot soup tureen and pour over the soup. Serve at once.

4.—Consommé au Macaroni.

1 qt. clear soup (No. 1).	grated Parmesan cheese.
cooked macaroni.	salt and cayenne.

Cook the macaroni till tender in salted water; drain it, and cut into little rings. Heat the clear soup, season with salt and cayenne. Pour it into a hot tureen over the macaroni. Serve with grated Parmesan cheese handed round with it.

5.—Consommé à la Pompadour.

1 qt. clear soup (No. 1).
cooked carrot.
cooked turnip.
cooked peas.
½ pt. stock.
4 eggs.
salt and pepper.

Make a custard with the yolks of four eggs and the white of one and the stock; season well. Divide into three parts. Colour one pink, one green, and leave one uncoloured. Steam them in small buttered basins until quite firm; unmould on to a plate, and cut into small fancy shapes. Cut the carrot and turnip into dice before cooking. Heat the clear soup, put vegetables and fancy shapes of custard into a hot soup tureen, pour the consommé over, and serve at once.

6.—Consommé à la Rosiére.

1 qt. clear soup (No. 1).
1 oz. butter.
1 oz. flour.
2 ozs. ham.
2 ozs. grated cheese.
salt and cayenne.
1 gill stock.

Make a panada with the butter, flour, and stock; season it well. Divide in half, to one half add the finely minced ham. Pound both together in a mortar, rub through a sieve, and form into small quenelles, and poach them. To the other half add the grated cheese, rub through a sieve, form into quenelles, and poach. Heat up the consommé, put the quenelles in a hot soup tureen, pour over the clear soup, and serve.

7.—Fish Soups.

Many excellent soups can be made from fish. Stew it exactly the same way as meat, with the addition of vegetables and herbs.

In France, the conger-eel is skinned, sliced up, and made into soup. After the soup has been

strained and allowed to settle, it must be heated afresh; boiled rice and chopped parsley are served in it, or it can be served clear.

Curried fish soups are also good. Oysters can be boiled and served in the soup, also prawns, shrimps, or the remains of any fish, in small pieces; also cold vegetables can be sliced up.

8.—Mulligatawny Soup.

2 qts. of stock.
1 chicken or rabbit.
1 onion.
1 apple.
4 ozs. butter.
4 ozs. flour.
2 ozs. curry powder.
½ pt. cream.
juice of ½ lemon.
pinch of sugar.
salt.
4 ozs. Patna rice.

Prepare the chicken or rabbit. Cut it into joints, fry them a golden brown in butter; remove the joints. Add to the butter the apple and onion, finely chopped. Cook with the lid on the pan for 15 minutes; add the flour and curry powder, and cook again for 15 minutes. Add the stock and stir till it boils. Put back the joints and simmer slowly till tender. Pass the soup through a sieve; add the flavouring and cream. Cut the best of the meat from the bones into neat pieces, and serve in the soup.

The rice must be well cooked and served separately.

9.—Turtle Soup.

3 or 4 qts. stock.
2 onions.
1 carrot.
1 turnip.
bouquet garni (herbs, cloves, mace, peppercorns).
stick of celery.
½ lb. dried turtle.
½ lb. shin of beef.
2 eggs.
½ lemon.
1 gill sherry.
salt and pepper.

Soak the turtle in water for two or three days, changing the water frequently. Put the vegetables, turtle, and bouquet garni in a saucepan

with the stock, and boil for 8 to 10 hours, and skim well. Strain the stock off and put aside the turtle to cool. Remove the fat from the stock, shred the beef, whip whites of eggs, and add with crushed shells to the stock. Let it simmer gently for three-quarters of an hour. Strain through a cloth, add the pieces of turtle in squares, and the wine; season well, make hot, and serve.

10.—Kidney Soup.

1 ox kidney or 6 sheep's.
2 qts. stock.
bunch of herbs.
1 anchovy.
1 oz. butter.
1 oz. flour.
1 glass port wine.
1 teaspoonful red currant jelly.
1 teaspoonful vinegar.
gravy browning.
salt and pepper.

Well wash the kidney and scald it in salted water and dry on a cloth. Slice the ox kidney (if sheep's, cut in halves), and put it in a stewpan with the stock, herbs tied in muslin. Stew gently for 3 or 4 hours till quite tender. Pass the kidney and a well-washed anchovy through a wire sieve. Melt the butter in a stewpan, add the flour, cook for a minute or two, then add a cupful of the stock; stir well and continue to add purée of kidney and stock by degrees. Allow it to boil; add the port, red currant jelly, and vinegar; add some gravy browning to make the soup a rich brown; season well, and serve with croûtons of fried bread.

11.—Gravy Soup à la Don.

1 pt. stock.
2 or 3 tomatoes.
1 onion.
1 teaspoonful chutney.
2 or 3 peppercorns.
1 sheep's kidney.
lemon juice.
1 oz. flour.
1 oz. butter.
1 wine-glass sherry.

Stew the tomatoes and pass them through a sieve; add the stock, chopped onion, chutney, lemon juice, salt, the kidney (minced), and pepper-

corns. Boil all together three-quarters of an hour, and strain. Thicken with a brown roux, using the flour and butter browned well; add sherry, and serve.

12.—Hollandaise Soup.

1 qt. chicken stock.
1 oz. butter.
1 oz. flour.
4 yolks of eggs.
1 gill milk.
1 gill cream.
1 gill cooked peas.
salt and pepper.

Melt the butter in a saucepan; when hot, add the flour and cook a little. Add the stock and stir till it boils. Mix the yolks of eggs with the milk, add the cream. Add the mixture to the soup and heat, but do not allow it to boil; season the soup and serve. A little chopped tarragon and parsley may be added if liked.

13.—Victoria Soup.

1 qt. white stock.
1 carrot.
1 turnip.
1 onion.
1 oz. cornflour.
1 gill cream.
salt and pepper.
pearl barley.

Prepare and slice the vegetables, cook them in the stock till it is well flavoured. Mix the cornflour smoothly with a little milk, add it and stir until it thickens; season well. Cook the pearl barley in stock until quite tender, drain it; put it in a hot soup tureen with the cream. Strain the soup over, and serve at once.

14.—White Soup.

1 vegetable marrow.
2 onions.
stick of celery.
1 carrot.
2 ozs. butter.
2 ozs. flour.
1 blade mace.
a little whole allspice.
1 pt. stock.
1 pt. milk.
2 eggs.
1 gill cream.

Cut up the vegetables, boil all to a pulp with the spices, pass through a hair sieve. Make a

roux with butter and flour, stir in milk until it boils. Add the purée of vegetables, season well, and boil all together and skim. Thicken with yolks of two eggs. Put the cream in tureen and pour the hot soup on it, and serve.

15.—Milk Soup with Vermicelli.

3 pts. boiling milk.
3 ozs. vermicelli.
1 teaspoonful sugar.
powdered cinnamon.
salt and pepper.

Boil the vermicelli with the milk for 15 to 20 minutes, add pinch salt; keep it well stirred; add a little sugar and powdered cinnamon. In Catholic countries milk soups often supply the place of those made with meat. Rice, semolina, sago, and macaroni may be used, but will be required in smaller portions with the milk.

16.—Barley Cream Soup.

1 lb. veal.
1 qt. water.
1 oz. pearl barley.
salt and pepper.
1 teaspoonful cream.

Skin and remove all fat from the meat, cut it in pieces, and put it in a quart of cold water; add pearl barley. Simmer it slowly till reduced to one pint, then rub the meat and barley through a sieve, add the liquor to it, season it well. It should be the consistency of cream. If the invalid is allowed cream, a tablespoonful can be beaten in, and is an improvement.

17.—Pot au Feu.

(French Recipe.)

5 lbs. beef.
4 qts. cold water.
1½ tablespoonfuls salt.
½ lb. liver.
2 carrots.
2 onions.
small parsnip.
4 turnips.
8 young or 2 old leeks.
slices of bread.
cloves.
salt and pepper.

Choose a piece of rump—half of the aitchbone,

or a slice from the thickest part of the leg. Put it in an earthenware pot with the water. When nearly boiling add salt and all other prepared ingredients. Let it simmer 4 or 5 hours, adding a little cold water now and then; remove some of the fat. Put the slices of bread in a tureen, put half the vegetables over, and half the broth. Put the meat and remains of the vegetables in a separate dish. The remainder of the broth can be used for rice or vermicelli soup.

18.—Soupe au Pain.

½ pt. new milk.
1½ pts. water.
2 onions.
1½ ozs. butter.
5 ozs. bread.
2 yolks of eggs.
salt and pepper.

Break the bread into small pieces, boil it in the milk and water; add the onions, sliced thinly, butter, pepper and salt. Let it boil gently about half an hour till reduced to a pulp. Rub through a sieve, return to the stewpan, add the beaten yolks of eggs. Re-heat it, but do not let it boil. This soup is very good, and an excellent way of using up bread. It can be made of white or brown bread.

19.—Potage à la Régence.

1 qt. game stock.
slices of cold game.
1 oz. pearl barley.
1 oz. butter.
1 oz. flour.
1 tablespoonful macedoine of vegetables.
2 yolks of eggs.
1 gill cream.
seasoning.

Melt the butter in a saucepan, add the flour. Cook together for a few minutes, stir in the stock, and simmer till the flour has thickened. Cut the game in small pieces, pound it in a mortar, and make about 10 or 12 small quenelles, and poach them. Mix the yolks of eggs and cream, add

them to the soup. Allow it to cook but not boil; season well. Put the vegetables and quenelles in a hot soup tureen, pour the soup over, and serve.

20.—Francatelli's Bonne Femme Soup.

1 cucumber.
4 lettuces.
handful of chervil.
2 ozs. butter.
1 oz. flour.
3 pts. veal stock.
½ pt. cream or new milk.
6 eggs.
little nutmeg
salt, pepper, and sugar.

Chop the vegetables very small, put them in a stewpan with butter, season them well, keep them well stirred. Simmer 15 minutes, add the flour, gradually add the stock. Stir till it boils, draw aside to simmer half an hour. Stir in the cream, and lastly the yolks of eggs; it must not boil again. The stock may be made from boiling a knuckle of veal or two calves' feet.

21.—Solferino Soup.

white stock.
French beans.
white haricot beans
new potatoes.
young carrots.
green peas.
tomato purée.
chopped parsley and chervil.

Prepare the vegetables, simmer all together in the stock until quite tender; season and serve.

22.—Sorrel Soup.

1 handful sorrel.
1 teaspoonful breadcrumbs.
1 yolk of egg.
salt and pepper.

Wash the sorrel well, chop it up, and put it in a stewpan with the butter. Stew gently for 30 minutes; add stock, or water, or milk and water, pepper, salt, breadcrumbs; simmer for one hour. Beat the yolk of an egg in the tureen, pour the

soup over, stirring all the time. Instead of sorrel, lettuce and spinach mixed can be used.

23.—Asparagus Soup à la Princesse.

2 bundles of asparagus.
1 pt. white stock.
1 pt. milk.
1 oz. butter.
1 gill cream.
salt and pepper.
3 ozs. cooked rice.

Wash and scrape the asparagus, cook it till tender with the white stock and butter. Rub through a hair sieve, return to the stewpan, add milk and cream, season well. Re-heat thoroughly, but do not boil after the cream is added. A few heads of asparagus may be cooked separately to garnish. Put these and the cooked rice in a hot soup tureen and pour the soup over, and serve.

24.—Chestnut Soup.

1 qt. white stock.
1 lb. peeled chestnuts.
1 oz. butter.
1 gill cream.
salt and cayenne.
little milk if required.

Melt the butter in a stewpan, add the chestnuts, and cook them for a few minutes without allowing them to brown. Add the stock and simmer gently until the chestnuts are tender. Rub through a hair sieve, return to the stewpan, add the cream and re-heat, but do not allow it to boil. Season well with salt and cayenne, and serve with croûtons of fried bread. If too thick, a little milk may be added.

25.—Chantilly Soup.

1 qt. second stock.
½ pt. lentils.
1 carrot.
2 onions.
2 potatoes.
pinch of herbs.
1 oz. butter.
salt and pepper.
toast.

Soak the lentils in soft water for 12 hours. Prepare and cut the vegetables in dice, melt the

butter in a stewpan, add the vegetables, and cook for a few minutes. Add the stock and lentils, simmer gently till reduced to a pulp. Pass through a hair sieve, season well, and serve with small squares of toast.

26.—Vegetable Marrow Soup.

1 vegetable marrow.
1½ pts. white stock.
pinch of sugar.
1 onion.
1 oz. butter.
1 gill cream
1 gill milk.
salt and pepper.

Peel the marrow, cut it in half, and remove the seeds. Melt the butter in a stewpan, put in the chopped onion and marrow, cook for a few minutes. Add the stock and simmer till tender, rub through a hair sieve. Return to the stewpan, add the milk and cream, season well, and serve with small croûtons of fried bread.

27.—Potato and Chervil Soup.

1 lb. potatoes.
1 onion.
1 oz. butter.
1 qt. white stock.
1 gill milk.
1 teaspoonful chopped chervil.
salt and pepper.

Peel and slice the potatoes and onion, put them in a stewpan with the butter, and cook for 5 or 6 minutes. Add the stock and simmer till tender. Rub through a hair sieve, add milk, seasoning, chopped chervil. Re-heat and serve with croûtons of fried bread.

28.—Egg and Onion Soup.

4 eggs.
2 or 3 onions.
1 oz. butter.
1 oz. flour.
1 gill milk.
3 pts. water.
2 teaspoonfuls castor sugar.
salt and pepper.

Slice the onions, fry them in butter until a nice brown, add the water, and boil till reduced to 2 pints. When the onions are tender strain

the liquor from them. Mix the flour to a smooth paste with the cold milk, add it to the liquor from the onions, add pepper, salt, little castor sugar. Stir till it boils and thickens, draw aside and stir in slowly the yolks of 4 eggs well beaten. Have ready 2 ozs. of pulled bread or a French roll dried in the oven. Pour the soup over, and serve.

29.—Vegetable Soup.

1 carrot.
1 turnip.
1 stick of celery.
1 oz. butter.
1 pt. water.
½ pt. milk.
bay leaf.
salt and pepper.

Wash, peel, and slice vegetables in small strips as for Julienne soup. Melt the butter in a stew-pan, put in the vegetables, and fry lightly without browning. Stir it till the butter is all absorbed. Add the pint of water, and stew gently until tender. Mix the flour with the milk to a smooth paste and stir in the soup. Stir till it boils; season to taste.

30.—Vienna Broth.

1 cabbage.
2 onions.
2 ozs. butter or dripping.
1 oz. flour.
3 pts. stock.
3 ozs. lean ham.
1 teaspoonful tarragon vinegar.
½ gill white wine.
3 sausages.
salt and pepper.

Cut the onions and cabbage into shreds and fry a light brown in butter or dripping; add the flour and cook for a minute. Then add gradually the stock, minced ham, and seasoning; simmer all together for half an hour. Add tarragon vinegar and white wine, boil 10 minutes longer, colour it a nice brown. Cut the sausages already cooked into slices, dip them in flour, and fry till nicely browned. Put the sausages in a tureen, pour in the soup, and serve very hot.

31.—Cream of Carrot Soup.

4 large carrots.
3 pts. white stock.
1 onion.
2 ozs. butter.
2 ozs. flour.
½ pt. cream.
salt and pepper
little sugar.

Scrape the carrots carefully, grate them and put them in a saucepan with onion and 3 pints of white stock. Cook gently till tender and rub through a sieve. Melt butter in a stewpan, add flour, and cook for a few minutes. Stir in the carrot purée and allow it to boil, stirring continually ; season well, adding a little sugar. When slightly cool stir in the cream and serve with fried croûtons.

32.—American Tomato Soup.

1 lb. tomatoes or 1 tin.
1 oz. ham.
1 onion.
1 carrot.
3 pts. stock.
1 oz. butter.
1 oz. crushed tapioca.
1 blade of mace.
salt and pepper.

Slice the onion and carrot, and fry them lightly in a stewpan in the butter. Add the stock and tomatoes, cut into slices, and ham ; cook for 15 minutes, removing the scum as it rises. Add the mace, season well, and cook till the tomatoes are tender ; rub the purée through a sieve. Return to the stewpan, add the tapioca, and cook till transparent, about 20 minutes. Serve with toast in small squares or croûtons of fried bread.

33.—Spinach Soup.

2 lbs. spinach.
celery.
carrots.
turnip.
onions.
dripping.
parsley and thyme.
3 pts. white stock.
little cream.
salt and pepper.

Wash the spinach carefully, chop it with carrots, turnip, onions, celery, herbs. Toss all together in

clarified dripping in a stewpan for a few minutes, add 1 pint of stock, and stew till all the vegetables will pass through a sieve. Add another quart of stock, season, bring to the boil, stir in a little cream, and serve with croûtons of fried bread.

34.—Watercress Soup.

1 lb. watercress.
6 potatoes.
1 oz. butter.
1½ pts. white stock.
½ pt. milk or cream.
salt and pepper.

Wash, pick, and chop the watercress, melt the butter in a saucepan, and cook the watercress in it for a few minutes. Cook the potatoes well; pass them through a sieve. Add the purée to the watercress with the stock, which should be well flavoured. Let it simmer for 15 minutes, rub through a sieve, add the cream or milk and re-heat, but do not boil. Season well, and serve.

35.—Haricot Soup.

1½ pts. white stock or water.
½ pt. milk.
½ pt. haricot beans.
1 onion.
1 oz. butter.
salt and pepper.

Soak the beans in cold water, with a pinch of carbonate of soda, for 12 hours. Melt the butter in a stewpan, add the onion and beans. Cook together for 5 minutes with the lid on, add the stock or water, and simmer for 3 or 4 hours, until the haricots are tender. Pass through a sieve, add the milk, season well, re-heat, and serve with small squares of toast.

36.—Cucumber Soup.

1 or 2 cucumbers.
1 qt. white stock.
1 onion.
1 oz. butter.
1 oz. flour.
2 yolks of eggs.
1 gill cream.
salt and pepper.

Peel the cucumber, cut in short lengths, put it

in a stewpan with a chopped onion and the stock. Simmer until tender, rub through a sieve. Put the butter in a saucepan, cook the flour in it, then add the purée of cucumber and stir till it boils. Add the yolks of eggs and cream, but do not allow the soup to boil again. Season well, and serve with croûtons of fried bread. A little green colouring may be added if required.

37.—Purée of Brussels Sprouts.

1 lb. sprouts.
1 shallot.
1½ pts. white stock.
1 gill cream.
pinch carbonate of soda.
salt and pepper.

Wash and prepare the sprouts; put them into boiling stock with the shallot and a pinch of carbonate of soda. Simmer gently till tender, pass through a hair sieve. Return to the pan, thicken with a little cornflour, smoothly mixed if not thick enough. Boil up, add cream, and season well. Serve with croûtons of fried bread.

38.—Mock Hare Soup.

1 qt. stock.
¼ gravy beef.
1 carrot.
½ turnip.
1 oz. flour.
2 ozs. butter.
bunch of herbs.
1 dessertspoonful mushroom ketchup.
1 dessertspoonful Worcester sauce.
1 wine-glass port.
½ teaspoonful red currant jelly.
salt and pepper.

Cut up the meat, dip in the flour, brown in the butter with onion stuck with cloves. Take out the meat and onion and brown the flour carefully, add the stock gradually, stir until it boils. Put back the meat and onion, the vegetables roughly cut up, and the flavouring. Simmer for 1½ to 2 hours, strain, and return to the stewpan. Make

some small forcemeat balls with veal forcemeat. Put them in the soup and simmer gently for 10 minutes. Season well, and add last of all the port and jelly.

Forcemeat Balls.

2 tablespoonfuls bread crumbs.
1 teaspoonful chopped parsley.
1 tablespoonful chopped suet.
1 egg.
little nutmeg.
½ teaspoonful grated lemon rind.
½ teaspoonful mixed herbs
salt and pepper.

39.—Chicken Soup.

1 small chicken or half a large one.
1 onion.
1 carrot.
2 qts. stock.
1½ ozs. butter.
2 ozs. ham.
salt and cayenne.
some cooked green peas.

Prepare the chicken as for boiling. Slice onion and carrot, put them in a stewpan with the ham, cut in dice. Place the chicken on the top, pour over half the stock, and simmer till tender. Take up the chicken, remove all the meat from the bones, pass it through a mincer, pound it in a mortar with the butter. Season well with salt and cayenne, and rub it through a wire sieve. Put this purée in a stewpan, add all the stock, thicken a little if necessary with a little cornflour mixed smoothly. Boil up, strain through a fine sieve, season to taste, add the cooked peas, and serve.

40.—Italian Soup.

1 qt. white or chicken stock.
2 ozs. macaroni.
1 oz. butter.
2 yolks of eggs.
1 gill cream.
1 oz. Parmesan cheese.
salt and cayenne.

Cook the macaroni in salted water, cut in half inch lengths. Melt the butter in a stewpan and

stir in macaroni, and cook for a few minutes. Add the stock, simmer for 10 minutes, skimming well. Mix the egg yolks and cream in a basin, add them to the soup, but do not let it boil again or the eggs will curdle. Add the grated cheese, season to taste, and serve.

41.—Crème à la Royal.

1 qt. white stock.
1 carrot.
1 turnip.
1 onion.
1 oz. grated Parmesan.
1 oz. cornflour.
1 gill cream.
2 eggs.
1 gill milk.
salt and cayenne.

Make a custard with eggs, milk, and grated cheese, season well, and steam in a buttered basin until firm; cut into small dice shapes. Simmer the stock with the vegetables to flavour it. Mix the cornflour smoothly and add, stir till it thickens, season with salt and cayenne. Pour the cream into a hot tureen, add the dice of cheese custard, strain over the hot soup, stir, and serve at once.

42.—Rice Soup.

2 ozs. ground rice.
1 qt. white stock.
1 onion.
1 oz. butter.
1 gill cream.
salt and pepper.

Chop the onion, melt the butter in a stewpan, add the onion and cook for a few minutes, not allowing it to brown. Add the stock, season it, and boil up and remove the scum as it rises. Mix the rice smoothly with a little white stock or milk, add it, and boil well for 10 to 15 minutes. Strain the soup, add the cream, and serve with croûtons of fried bread.

43.—Green Pea Soup (1).

3 qts. water.
3 pts. old peas.
1 onion stuck with cloves.
lettuce leaves.
2 lbs. gravy beef.
cucumber peel.
1 teacupful cream.
salt and pepper.
½ pt. young peas.

Boil the old peas in the stock with gravy beef, cucumber peel, lettuce leaves, and onion stuck with cloves, for 2 hours. Rub through a sieve, season well, and add cream and young green peas, and serve.

44.—Green Pea Soup (2).

3 pts. old green peas.
3 qts. water.
cucumber.
lettuce leaves.
1 onion stuck with cloves.
1 oz. butter.
sprig of mint.
3 teaspoonfuls Lemco.
2 lumps sugar.
1 teacupful cream.
salt and pepper.
½ pt. young green peas.

Stew all the ingredients together except the young green peas and the cream. When tender, pass through a sieve, return to the pan. When it boils stir in the young green peas, previously boiled, and the cream. Serve at once.

45.—Mixture to add to Soup.

1 teaspoonful of Harvey sauce.
1 teaspoonful ketchup.
1 teaspoonful chilli vinegar.
½ teaspoonful Lemco.
1 wine-glass sherry.

Mix all together, and add to the soup the last thing before serving.

46.—Suet Balls for Stews and Soups.

4 ozs. flour.
2 ozs. suet.
1 teaspoonful chopped parsley.
pinch of baking powder.
water to mix.
pepper and salt.

Chop suet finely, add other ingredients. Mix to a stiff paste, and form into balls.

CHAPTER II.

FISH.

(47 to 91).

47.—Salmon Balls.

tin of salmon.	little oil.
mashed potatoes.	salt and pepper.
1 egg.	egg and breadcrumbs.

Remove the salmon from the tin, drain off the oil. Chop very finely and mix with an equal quantity of mashed potatoes, moisten it with beaten egg and a little of the oil. Season highly, form into balls, coat with egg and crumbs. Fry a golden brown in deep fat. Drain well, and dish on a fancy paper.

48.—Salmon Kedgeree.

½ lb. cooked salmon.	parsley.
¼ lb. rice.	3 ozs. butter.
2 hard boiled eggs.	seasoning.

Boil the rice in fast boiling water with a squeeze of lemon juice until tender. Drain it and wash it under the cold water tap to keep grains separate; dry it in a cool oven. Remove skin and bones, and flake salmon. Melt the butter in a stewpan, add salmon, rice, and finely-chopped hard-boiled eggs, keeping back some yolk to garnish. Season well, mound high in the centre of a dish, garnish with yolk of egg and chopped parsley.

49.—Pickled Salmon.

salmon.	3 bay leaves.
vinegar.	liquor salmon was boiled in.
Jamaica peppercorns.	salt.

Save some of the liquor the salmon was boiled in, boil it up with a little vinegar, a few peppercorns, bay leaves, and a little salt. Pour it over the cold salmon as soon as it has boiled. This much improves the flavour of the salmon.

50.—Salmon with Brown Sauce.

salmon.	1 glass white wine.
1 oz. butter.	bunch of herbs.
½ oz. flour.	little vinegar.
1 pt. stock.	1 yolk of egg.
1 onion stuck with cloves.	salt and pepper.

Cut the salmon in slices, sprinkle them with salt and pepper. Rub them with melted butter, and grill them over the fire. Make a sauce with 1 oz. butter, ½ oz. flour. Brown the flour in the butter, add the stock, white wine, bunch of herbs, onion, salt and pepper. Bring to the boil and put in the slices of salmon and let them remain till the sauce is reduced. Take out the salmon and lay it on a dish, strain the sauce, add to it a thickening of yolk of egg beaten up with a little vinegar. Let the sauce come to the boil, stir well, and pour it over the salmon.

51.—Brill à la Vivian.

fillets of brill.	bread crumbs.
butter.	grated cheese.
½ gill white wine.	½ pt. white sauce.
lemon.	salt, cayenne.

Cut the fillets neatly, put them in a buttered fireproof dish. Pour over wine, sprinkle with salt

and pepper, squeeze over some lemon juice. Cover with a buttered paper and bake in a moderate oven for 15 to 20 minutes. Heat the white sauce, strain the liquor from the fish into it, season with salt and cayenne. Coat the fillets with it, sprinkle with breadcrumbs and grated Parmesan cheese. Brown nicely in a hot oven or under the griller. Serve at once.

52.—Brill à la Ravigote.

brill.
little butter.
½ gill white wine.
1 oz. capers.
½ gill vinegar.
½ pt. béchamel sauce.
2 shallots.
1 teaspoonful chopped tarragon and chervil.
salt and pepper.

Fillet the brill, trim the fillets, lay them on a well-buttered baking tin. Sprinkle with salt and pepper, squeeze over lemon juice, and add wine. Cover with buttered paper, and bake in a moderate oven. For the Ravigote sauce, chop the shallots, put them with the vinegar in a saucepan, and reduce to one-third of the quantity; add the béchamel sauce. Simmer for 7 to 10 minutes, strain it, add the herbs, salt and pepper, and liquor the fish was cooked in. Colour the sauce a pale green, coat the fillets with it, and garnish with the capers and serve.

53.—Fillets of Sole à la Duchesse.

1 or 2 soles.
1 oz. butter.
1 egg.
lemon juice.
chopped parsley.
1 tablespoonful cream.
salt and pepper.

Fillet the soles, grease a baking tin, roll the fillets, sprinkle with salt and pepper, squeeze over some lemon juice, and add a tablespoonful of

white wine. Cover with a greased paper and bake slowly in a moderate oven. Make a sauce with butter, chopped parsley, and egg beaten up with cream. Stir together until it thickens, add lemon juice and seasoning, and liquor fish is cooked in. Coat the fillets and garnish with lemon and parsley.

54.—Sole à la Palova.

2 soles.
½ gill white wine.
1 oz. butter.
½ pt. béchamel sauce.
¼ lb. mushrooms.
1 doz. prawns.
truffles.
salt and cayenne.

Fillet and skin the soles, place them rolled on a buttered baking tin, season with salt, pepper, and lemon juice, pour over the wine, cover with buttered paper, bake for 10 minutes in a moderate oven. Strain the liquor from the fish into the sauce, make thoroughly hot, and season well with salt and cayenne. Dress the fillets in a circle, heat the mushrooms, prawns, and sliced truffles in a little sauce, and put them in the centre of the fish and serve.

55.—Fillets of Sole à la Mornay.

2 soles.
fish stock.
white wine.
lemon juice.
pinch of herbs.
salt and pepper.
½ pt. Mornay sauce (No. 484).
bread crumbs.

Skin and fillet the soles, place them folded over in a greased baking tin, pour over a little fish stock, the juice of half a lemon, half a gill of white wine, salt, pepper, and a small pinch of herbs. Cover with buttered paper, and bake in a moderate oven for 15 minutes. Place the fillets down the centre of a hot dish, strain the liquor from the tin into

the sauce. Heat it thoroughly, pour over the fillets, sprinkle on some fine bread crumbs and a few little bits of butter, brown nicely under the griller or in a hot oven, and serve.

56.—Sole au Gratin.

1 sole.
1 shallot.
lemon juice.
4 mushrooms.
parsley.
1 gill piquante sauce.
½ gill sherry.
1 oz. butter.
brown bread crumbs.
salt and pepper.

Skin and score the sole, place it in a buttered fireproof dish, chop the mushrooms, shallot, and parsley finely, add seasoning, put some of the mixture under the sole, and sprinkle the rest over. Add some lemon juice and the sherry, cover with piquante sauce (see No. 476). Sprinkle with brown crumbs, place on some small bits of butter, and bake in a moderate oven for 15 minutes. Serve sprinkled with chopped parsley.

57.—Sole à la Rouennaise.

2 or 3 soles.
½ tin lobster or 1 small fresh lobster.
2 ozs. butter.
¾ oz. flour.
½ gill cream.
lemon juice.
fish stock.
white sauce.
salt and cayenne.

Fillet the soles, lay them on a board, and season with salt, pepper, and lemon juice. Melt 1 oz. butter in a stewpan, add flour and fish stock, and cook well. Chop the lobster finely, add to the panada, season well, add cream, and allow it to cool. Spread a layer of lobster mixture on each fillet, fold over, cook them slowly in a buttered baking tin with a little fish stock and covered with a buttered paper. Dish in a circle or straight

down centre of a hot dish; pour sauce round. The sauce should be well flavoured and coloured with lobster butter. (See 498.)

58.—Sole à la Turque.

1 sole.
1 oz. suet.
1 oz. bread crumbs.
½ pt. picked shrimps.
chopped parsley.
juice and rind of ½ lemon.
pinch of sweet herbs.
1 oz. butter.
1 egg.
pepper, salt, cayenne.
½ pt. stock.
brown crumbs.

Skin a large sole on both sides. Cut off head, tail, and fins, wash well and dry. Cut down centre from head to tail, raise the flesh from the bone, but do not cut it. Make a stuffing with bread crumbs, suet, shrimps, parsley, herbs, butter, egg, grated rind and juice of lemon, pepper, salt, and cayenne; mix well together. Insert this stuffing neatly under the fillets, leaving the centre open. Lay the sole in a greased fireproof dish, put on it a few little bits of butter, pour the stock over, and bake 20 minutes in a moderate oven.

Sprinkle with brown bread crumbs before sending to table.

59.—Cod à l'Indienne.

3 or 4 cod steaks.
salad oil.
chopped parsley.
salt and pepper.
curry sauce (No. 489).
lemon.

Trim the steaks (they should not be too thick), brush them over with salad oil, sprinkle them with salt and pepper. Squeeze over some lemon juice, and grill over a clear fire or under a gas griller. Turn the steaks once or twice. Dish on a hot dish, garnish with cut lemon and parsley. Serve curry sauce (see No. 489) separately.

60.—Cod à la Portugaise.

1½ to 2 lbs. cod.	salt and pepper.
milk.	anchovy essence.
flour.	tomato sauce (No. 478).

Cut the cod into neat slices, rather thick. Brush them with milk, dip them in flour well seasoned with salt and pepper. Fry the slices a nice golden brown in deep fat. Serve with a good tomato sauce, with a teaspoonful of anchovy essence added, poured over the slices, garnish with cut lemon and parsley.

61.—Cod's Roe Cakes.

1 lb. roe.	chopped parsley.
½ lb. potatoes.	pepper and salt.
1 oz. butter.	egg and bread crumbs.

Boil the roe for 20 minutes, remove the skin, and break it up with a fork. Mash the potatoes with butter and mix with the roe. Season well with salt and pepper and parsley. Form into balls, coat well with egg and bread crumbs, fry a golden brown in hot fat, and dish on a fancy paper, garnish with watercress.

62.—Plaice à la Bohemienne.

fillets of plaice.	1 tablespoonful cream.
2 ozs. butter.	lemon juice.
1 oz. flour.	1 tablespoonful white wine
1 gill milk.	salt and cayenne.
½ lb. tomatoes.	parsley.

Roll or fold the fillets, sprinkle each with salt and pepper, lay them in a buttered baking tin, squeeze over lemon juice, and pour over wine. Cover with a buttered paper, bake in a slow oven for 15 minutes. Slice tomatoes with 1 oz. butter.

and cook together in a stewpan until tomatoes are tender; rub them through a sieve. Make a white sauce with 1 oz. butter, flour, and milk and tomato purée; boil up, season, and add cream. Lay the fillets on a hot dish, strain the liquor into the sauce, coat the fillets with it, and garnish with butterflies of lemon and parsley.

63.—Red Mullet à la Claudine.

2 or 3 mullets.	½ pt. espagnole sauce (No. 474).
butter.	anchovies.
lemon.	capers.
mushrooms.	salt and cayenne.
little fish stock.	

Wipe the mullets, place them on a buttered baking tin, season with salt and pepper, squeeze over some lemon juice, cover with buttered paper, and bake in a moderate oven till cooked. Heat the espagnole sauce, add chopped mushrooms, anchovies, and capers, 1 tablespoonful of each. Season well, pour the sauce over the fish, and serve.

64.—Boiled Turbot.

3 or 4 lbs. turbot.	1 lemon.
vinegar or lemon juice.	lobster coral.
parsley.	

Well wash the fish, but do not remove the fins; these are considered a great delicacy. Place in a fish kettle of hot water with salt and vinegar added. Bring to the boil and simmer very gently until cooked, allowing 6 to 8 minutes to the pound and 6 to 8 minutes over, according to size and thickness. Drain the fish, dish on a folded serviette on a hot dish, garnish with lobster coral, cut lemon, and parsley. Serve with lobster, shrimp, or Hollandaise sauce.

65.—Turbot à la Florentine.

turbot.
½ gill white wine.
½ pt. béchamel sauce.
1 lb. cooked spinach.
1 shallot.
1 oz. butter.
1 tablespoonful cream.
2 ozs. Parmesan cheese.
lemon juice.
salt and pepper.

Cook the spinach and rub it through a sieve. Melt the butter in a saucepan, add the finely chopped shallot, and brown it slightly; add this to the spinach, with cream and seasoning. Cut neat fillets of turbot, poach them for 10 to 15 minutes in a greased sautépan with lemon juice, white wine, little fish stock, and a small piece of butter on each fillet. Place a layer of spinach in a fireproof dish, lay the fillets when cooked on the spinach, sprinkle with 1 oz. grated cheese, add the rest to the white sauce with the liquor the fillets were cooked in, season well, coat the fillets, sprinkle over a little more cheese, brown in a very hot oven or under a gas griller, and serve.

66.—Grilled Halibut.

2 or 3 halibut steaks.
butter.
lemon juice.
salt and pepper.
chopped parsley.
Tartare sauce (No. 494).

Wash the steaks and dry them, rub well with butter, and sprinkle with salt and pepper. Grill them carefully under the gas or over a clear fire; they will take from 8 to 10 minutes, according to thickness. Dish on a hot dish with lace paper or serviette. Put on each a small piece of maître d'hôtel butter, made by mixing on a plate butter, lemon juice, and chopped parsley together. Serve with Tartare sauce. Cod and turbot may be cooked in the same way.

67.—Grilled Trout.

2 or 3 trout.	parsley.
lemon.	salt and pepper.
butter.	maître d'hôtel butter.

Scrape and clean trout, split them down the back and remove bone, rub them well with butter, sprinkle with salt and pepper. Grill them over a clear fire or under gas for about 5 minutes on each side. When cooked place on a hot dish on a fancy paper or serviette. Put a small piece of maître d'hôtel butter inside each, garnish with cut lemon and fried parsley, or fresh watercress.

68.—Eels à la Parisienne.

1 or 2 eels.	1 yolk of egg.
½ pt. white sauce.	lemon juice.
1½ doz. oysters.	salt and cayenne.

Thoroughly cleanse the eels, when skinned cut up in 2 inch lengths. Stew them gently in a little milk and water. Make a white sauce, add the oysters, yolk of egg, and lemon juice. Cook a little but do not allow it to boil, season with salt and cayenne. Strain the eel and add to the oyster sauce. Re-heat and serve.

69.—Eels à la Tartare.

1 or 2 eels.	egg and bread crumbs.
lemon juice.	tartare sauce (No. 494).

Skin and wash the eels, cut them in short lengths, dip them in seasoned flour, squeeze on a little lemon juice, coat well with egg and crumbs, and fry a golden brown in deep fat. Drain and dish on a hot dish with a fancy paper. Serve with Tartare sauce.

70.—Baked Whiting.

2 or 3 whiting.
1 oz. butter.
little flour.
salt and pepper.
lemon juice.

Skin the whiting and bone them. Lay them in a fireproof dish, sprinkle with salt and pepper and flour, bake in a hot oven for a few minutes. Turn them carefully, add a squeeze of lemon juice. The whiting should be a golden brown colour and served in the dish in which they were cooked.

71.—Smelts à l'Orly.

12 smelts.
½ oz. flour.
egg and bread crumbs.
salt and pepper.
tomato sauce (No. 478).
lemon and parsley.

Wipe the smelts, add some salt and pepper to the flour, dip each smelt in it. Coat with egg and fry a golden brown in hot fat. Dress them on a hot dish with lace paper. Garnish with lemon and parsley, and serve with tomato sauce.

72.—Mackerel aux Cerises.

1 or 2 mackerel.
salad oil.
salt and pepper.
cherry sauce.

Wash the mackerel and split open, season well. Brush with salad oil and grill them over a clear fire. Place them on a hot dish, and serve with cherry sauce.

For the Sauce.

½ lb. cherries.
½ oz. butter.
½ oz. flour.
½ lemon.
1 gill water.
1 gill port wine.
½ oz. sugar.

Stew the cherries in a saucepan in water with sugar. When tender, rub them through a sieve. Melt the butter in a saucepan, add the flour, and

cook it; add the cherry purée and lemon juice. Stir till it boils, add the port wine, heat thoroughly, and serve with the fish.

73.—Mackerel à la Vénetienne.

2 or 3 mackerel.
butter.
truffles.
chopped tarragon.
salt and cayenne.
½ pt. Madeira sauce. (No. 475).

Fillet and skin the mackerel, cut them in neat pieces. Melt the butter in a sautépan; when hot sauté the fillets a nice golden brown colour. Heat the Madeira sauce, season well, add some chopped truffle and tarragon, pour it over the mackerel, and serve. Garnish with lemon and parsley.

74.—Haddock Soufflés.

1 large haddock.
1 oz. butter.
1 gill white sauce.
3 eggs.
seasoning.

Scald a large haddock, dry it, wrap it in paper and bake in the oven. When cooked remove bones and skin, pound 3 ozs. in a mortar with butter. Pass through a sieve, moisten it with gill of white sauce. Season well, add the yolks of eggs well beaten and whites whipped stiffly. Pour into buttered ramakin cups, and bake 15 to 20 minutes.

75.—Haddock à la Viennoise.

1 fresh haddock.
butter.
lemon juice.
½ pt. béchamel sauce. (No. 472).
2 ozs. ham.
1 tablespoonful chopped tarragon.
salt and cayenne.

Fillet the haddock, skin it. Wash and dry the fillets, fold them or cut them in neat pieces. Place

them in a buttered fireproof dish, squeeze over lemon juice, season with salt and pepper, cover with a buttered paper, and bake in a moderate oven for 15 to 20 minutes. Strain off the liquor when cooked, add it to the béchamel sauce, season it with salt and cayenne. Make very hot, pour over the fillets, garnish with chopped ham and tarragon, and serve.

76.—Haddock à la Syrienne.

1 fresh haddock.
butter.
sherry.
pinch of herbs.
lemon juice.
salt and cayenne.
½ pt. piquante sauce (No. 476).
gherkins.

Skin and fillet the haddock, cut them in neat pieces. Put them in a buttered baking tin, pour over them a little sherry and lemon juice, season with salt and pepper. Cover with a buttered paper and bake in a moderate oven for 15 to 20 minutes. Heat the sauce, season with salt and cayenne, strain into it the liquor from the fish. Put the fillets on a dish, coat with the sauce, and garnish with small heaps of chopped gherkin.

77.—Haddock aux Câpres.

2 haddocks.
1 teaspoonful Lemco.
1 oz. butter.
1 oz. flour.
2 ozs. capers,
1 teaspoonful anchovy essence.
2 teaspoonfuls ketchup.
1 teaspoonful vinegar.
salt and pepper.
cayenne.

Prepare the haddocks by boiling them in a pint of water. When cooked put them on a dish and keep hot. Dissolve the Lemco in 1 pint of the liquor the fish were boiled in. Melt 1 oz. butter in a stewpan, add flour, cook both together, stir

in liquor, and let it boil. Add anchovy essence, ketchup, vinegar, salt, pepper, and cayenne. Strain through a tammy cloth into a clean saucepan, add the capers, make hot, and pour over the haddock.

78.—Fillets of Haddock with Mushrooms.

fresh haddock.
1 oz. butter.
lemon juice.
mushrooms.
salt and pepper.
croûtons.

Fillet the haddock, place them at the bottom of a stewpan, sprinkle with salt and pepper, pour over some lemon juice and butter. When half cooked turn over and cook the other side, put them to drain on a hot dish covered with paper. Then put in the same stewpan some small mushrooms, peeled and washed. Stew them, add more butter if necessary. Dish the mushrooms in the centre of the dish, the fillets round, and garnish with croûtons of fried bread.

79.—Herrings with Spinach Sauce.

4 fresh herrings.
1 teaspoonful tarragon vinegar.
1 oz. butter.
½ oz. flour.
½ lb. spinach.
lemon juice.
1 gill cream.
yolks of 2 eggs.
1 gill first stock.
pinch of carbonate of soda.
salt and pepper.
cayenne.

Clean and dry the fish, score down each side, season and lay in a buttered dish. Pour round a little water, cover with buttered paper, and bake 15 minutes. Boil spinach, drain and pass through a sieve. Melt the butter in a stewpan, add the spinach, flour, salt, pepper, cayenne. Stir till quite smooth, add cream and stock, boil 5 minutes. Add the beaten yolks and carbonate of soda and

the tarragon vinegar. Do not allow it to boil after these are added. Lay the fish in a hot dish and pour the sauce round. Trout, haddock, and filleted fish may be dressed in the same way.

80.—Herrings stuffed with Shrimps.

4 or 5 fresh herrings.
2 ozs. shrimps.
1 gill cream.
little butter.
anchovy essence.
salt and pepper.
egg and bread crumbs.

Soak and wash the herrings, cut off the heads and fins, split down the back, and take out the bone. Make the stuffing with picked shrimps, cream, anchovy, and seasoning. Spread a little of it on each herring, roll up and tie with thread and fasten with a small skewer. Brush over with egg, sprinkle with bread crumbs, and bake for half an hour with a small piece of butter on each.

81.—Curried Herrings.

tin of herrings.
1 bay leaf.
1 dessertspoonful curry powder.
little milk.
lemon juice
salt
boiled rice.
1 dessertspoonful arrow-root.

Open the tin, take out the herrings, drain the oil from them, and lay them in stewpan. Make the oil hot in a frying-pan, add curry powder and bay leaf, fry lightly. Stir in gradually the arrow-root mixed with milk. Boil until well flavoured, season with salt and a little lemon juice, pour over the fish and allow it to get thoroughly hot. Serve with a border of boiled rice. Sardines, tinned salmon, lobster, or prawns can be cooked in the same way. Butter must be added for the fish that has no oil.

82.—Scalloped Oysters.

2 doz. oysters.
½ pt. white sauce.
1 oz. butter.
bread crumbs.

Open the oysters, wash them in their own liquor, put them in a white saucepan, strain the liquor over them. Heat them slowly, but do not let them boil; take them out and remove the beards. Make the white sauce hot, put in the oysters, season well with little lemon juice, salt, and cayenne. Butter some scallop shells, put in some of the oysters in each, sprinkle over bread-crumbs, put on some small pieces of butter. Bake in a moderate oven, and serve hot.

83.—Lobster à la St. George.

1 lobster.
1 shallot.
2 ozs. butter.
juice of ½ lemon.
½ gill sherry.
1 gill Espagnole sauce.
chopped parsley.
salt and cayenne.

Remove all the meat from the shell of the lobster, chop it in small pieces. Melt the butter in a stewpan, add the chopped shallot and brown lightly. Add the lobster, some chopped parsley and sherry, and cook for a few minutes. Add the brown sauce, lemon juice, salt, and cayenne. Make thoroughly hot, dress it in the shell of the lobster, and serve very hot.

84.—Scalloped Lobster.

1 gill white sauce.
anchovy sauce.
½ small onion.
chopped parsley.
small tin lobster.
lemon juice.
butter.
cayenne.

Make the white sauce, colour it pink with anchovy sauce, add the onion and parsley finely

chopped; add this to the contents of a small tin of lobster, season with cayenne, a few drops of lemon juice; mix with it a little butter. Fill some china or real scallop shells with the mixture, sprinkle over some bread crumbs, and bake a nice brown in a quick oven.

85.—Lobster Patties.

1 lobster or ½ a tin.
1 gill white sauce.
lemon juice.
salt and cayenne.
puff pastry.
1 egg.

Chop the lobster meat, heat the white sauce, season well with salt and cayenne and lemon juice, add the lobster meat. Roll out some puff pastry to about half an inch thick. Dip a pastry cutter in boiling water, cut out a round, mark it with a smaller cutter, brush with egg, put them on a baking sheet and put in a cool place for 20 minutes. Bake in a hot oven till cooked. Take out the top and scoop out the soft paste. Fill with the lobster mixture, put on the top, serve hot or cold.

86.—Curried Prawns.

1 small apple.
2 or 3 doz. prawns.
1 small shallot.
½ oz. flour.
½ oz. curry powder.
2 ozs. butter.
juice of ½ lemon.
½ pt. white stock curry paste.
pinch of sugar.
1 teaspoonful curry.
1 teaspoonful chutney.
salt.
boiled rice.

Remove the skin from prawns, melt butter in a casserole, add finely chopped shallot and apple, cook with lid on for 10 minutes. Add flour and curry powder, and cook again for 15 minutes. Add stock, stir till smooth, and simmer for 10 minutes. Add all the flavourings and lemon juice

and prawns, cook for a few minutes. Serve with boiled rice.

87.—Fish Cutlets.

any cold fish.
1 oz. butter
1 oz. flour.
1 gill milk.
lemon juice
salt and pepper.
egg and bread crumbs.
fried parsley.

Make a panada with butter, flour, and milk, cook until it thickens, add the fish of any kind finely flaked and free from skin and bone, season well with lemon juice, salt and pepper, put on a wet plate, divide into equal portions, and set aside to get cold. Form each portion into cutlets, cool them well with egg and bread crumbs, put in a piece of macaroni to represent the bone. Fry a golden brown in deep fat, drain well and dish in a circle, garnish with fried parsley.

88.—Fish Fritters.

1 oz. butter.
½ pt. warm milk.
½ pt. water.
½ lb. flour.
2 whites of eggs.
salt, pepper.
nutmeg, cayenne.
cooked white fish.
½ teaspoonful baking powder.

Melt the butter in the warm milk and water, let it cool. When just tepid sift in flour and beat well with a wooden spoon. When quite smooth add pinch of salt, pepper, nutmeg, cayenne; let it stand one hour before using. Pass some cooked white fish through a mincing machine, stir it into the batter, add baking powder and whites of 2 eggs beaten to a stiff froth. Drop a dessertspoonful of batter at a time into hot deep fat, fry a golden brown. Drain well, dish on a fancy paper, and garnish with watercress.

89.—Soufflé of Fish.

1 oz. butter.
1 oz. flour.
1 gill milk.
anchovy essence.
4 ozs. cooked fish.
3 eggs.
salt and cayenne.
chopped parsley.
coralline pepper.

Melt butter in a stewpan, add flour, cook well together. Add milk, to which a few drops of anchovy have been added, boil together until thick and smooth. Remove from the fire and add the fish, passed through a sieve. When it is cooled, add the yolks of the eggs, beating well between each, and stir in the whites, beaten to a stiff froth. Season nicely with salt, cayenne, and lemon juice. Well butter a soufflé tin or dish, tie a band of buttered paper round the outside to support it as it rises. Pour in the mixture and bake 25 minutes in a moderate oven. Serve with a little chopped parsley and coralline pepper sprinkled over. It may be steamed for half an hour and served with a thick white sauce.

90.—Iced Fish Soufflé.

cold white fish.
aspic jelly.
½ pt. mayonnaise.
½ gill cream.
1 dessertspoonful tarragon vinegar.
coralline pepper.

Flake the fish finely, removing all skin and bones. Whisk some aspic jelly to a very stiff froth, colour the mayonnaise green, mix it with the cream whipped stiffly and half a gill of aspic whipped equally stiffly, and the tarragon vinegar. Tie a band of oiled paper round the outside of a soufflé mould. Put in a layer of whipped aspic first, then a layer of fish and one of mayonnaise, repeating the layers till the mould is full to the top

of the paper, finishing with whipped aspic. Put it on ice; when set, remove the paper. Sprinkle with chopped tarragon and coralline pepper.

91.—Lobster Cutlets in Aspic.

1 lobster.
1 gill sauce.
aspic jelly.
truffle.
mayonnaise sauce.
salad.

Coat some cutlet moulds with aspic jelly, decorate them with fancy shapes of truffle, set them with a little aspic. Chop up the lobster meat finely, heat the sauce, colour it pink, add some mayonnaise and an equal quantity of aspic; mix with the lobster meat. Fill the decorated moulds and put on ice to set. Turn out when firm, and place them on a salad dressed with mayonnaise and piled high in the centre of a dish. Decorate with chopped aspic, and serve as a luncheon or supper dish.

CHAPTER III.

MEAT DISHES.

(92—147.)

92.—Filets de Boeuf aux Pommes de Terre.

1½ lbs. fillet of beef.
½ lb. mushrooms.
1½ ozs. butter.
½ oz. flour.
1 egg.
½ pt. stock.
little glaze.
1 lb. mashed potatoes.
pepper and salt.

Mash the potatoes with half the butter, half the egg, pepper and salt. Form a mound on a tin, brush over with rest of egg, and bake a nice brown. Cut the beef into round fillets, half an inch thick. Fry in butter, remove from the pan, and keep hot. Put the flour in the pan to brown, add glaze, seasoning, and stock; let it boil up. Strain it into a small stewpan, add the prepared mushrooms, simmer for 10 minutes, then remove. Boil the gravy quickly till reduced. Place the potato mound in the centre of the dish, lay the fillets round. Garnish with the mushrooms, and strain the gravy round the dish.

93.—Fillets of Beef Monte Carlo.

1½ to 2 lbs. beef fillet.
young carrots.
button onions.
young turnips.
2 ozs. butter.
salt and pepper.
Madeira sauce (No. 475).
½ pt. green peas.

Cut the fillets into rounds about an inch thick. Melt the butter in a sautépan and cook the fillets

briskly, turning occasionally. Prepare the carrots and turnips carefully, cut them into neat shapes, braise them ; also the onions, and glaze them with a good brown meat glaze. Dish the fillets in a circle. Place the cooked green peas or spinach in the centre, and arrange the carrots, turnips, and onions round in heaps. Pour the Madeira sauce round.

94.—Tournedos aux Haricot Verts.

2 lbs. fillet of beef.
mashed potato.
French beans
½ pt. Espagnol sauce (No. 474).
slices of bread.
salt and pepper.

Cut the beef into thick slices and then into rounds with a pastry cutter, cut the slices of bread the same size. Season the fillets well with salt and pepper. Sauté them in butter, browning both sides; they should be rather underdone. Make a border of mashed potatoes, dress the fillets in a circle alternately with a round of fried bread. Cook the French beans, shake them in butter, put them in the centre, pour the sauce round, and serve.

95.—Timbale of Beef à la Milanaise.

cold roast beef.
½ pt. brown sauce.
Harvey sauce.
½ oz. butter.
1 shallot.
¼ lb. macaroni.
salt and pepper.
½ pt. Espagnol sauce.

Take some cold beef, trim off skin and gristle, mince it finely, moisten it with brown sauce, season it well, and add a little Harvey or Worcester sauce. Boil some straight macaroni till quite tender without breaking it ; drain it. Well grease a mould or pudding basin, and line it round and round with

long lengths of macaroni. Fill it with the mince; steam it for 1½ hours. Turn out carefully on a hot dish; pour round the Espagnole sauce.

96.—Fillets of Beef à la St. James.

1½ lbs. fillet of beef.	cherries.
foie gras.	little stock.
mashed potatoes.	salt and pepper.
mushrooms.	mushroom sauce (No. 491).

Cut the fillet into thick slices and then into rounds, spread them thickly with foie gras. Sauté them in butter until a nice brown, but not too well done. Make a border of mashed potatoes, dress the fillets in a circle on it. Chop the mushrooms roughly and stone the cherries. Stew them in butter till tender, season and serve in the centre. Pour the mushroom sauce round, and serve.

97.—Tournedos à la Durbar.

1½ to 2 lbs. fillet of beef.	fried bread.
2 ozs. butter.	3 bananas.
French beans.	½ pt. Espagnol sauce.
egg and bread crumbs.	salt and pepper.

Cut the beef into neat rounds about an inch thick, sauté them, nicely brown on both sides in butter. Cut the bananas in half lengthways and halve across; coat them in egg and crumbs, and fry in hot fat. Cook the French beans and toss them in butter. Dish the fillets on a hot dish, each on a croûton of fried bread the same size. Pour round the sauce, and garnish with bananas and beans alternately.

98.—Jugged Steak.

1½ lbs. beef steak.	wine-glass of port.
1 oz. flour.	salt and pepper.
2 onions.	pinch of herbs.
6 cloves.	forcemeat balls.

Cut the steak in slices, roll in flour, put them in a casserole with 2 onions stuck with cloves, wine, herbs, salt and pepper. Cover the jar tightly, do not add any water or stock; let it cook gently until the meat is tender. Serve in the casserole with small forcemeat balls in it.

99.—Ox Tongue à la Macédoine.

slices of ox tongue.	macédoine of vegetables (No. 236).
mashed potatoes.	
½ pt. béchamel sauce	salt and pepper.

Cut the ox tongue when cooked in oval slices, heat them in stock, dress them in a circle on a border of mashed potatoes. Fill the centre with a macédoine of vegetables nicely seasoned, pour round the border the béchamel sauce, and serve.

100.—Ox Tail en Ragoût.

1 ox tail.	4 cloves.
2 onions.	1 qt. water.
1 carrot.	2 ozs. butter.
1 turnip.	1½ ozs. flour.
pinch of herbs.	salt and pepper.

Joint and wash the tail. Make the butter hot in a stewpan, brown the chopped onion. Add the tail and brown it well, pour over the stock, add herbs, cloves, and simmer gently for 3 or 4 hours. Allow the stock to get cold and remove the fat. Thicken the stew with flour mixed smoothly,

season well, and add a little gravy browning if required. Garnish the dish with little fancy shapes of carrot and turnip. A glass of port may be added if liked.

101.—Bubble and Squeak.

cold boiled beef.	2 ozs. carrots.
greens.	butter or dripping.
potatoes.	salt and pepper.

Cut some slices of cold boiled beef about one-third of an inch thick, trim them to an oval shape 3 inches long, allow small piece of fat to each. Melt 1 oz. of butter or dripping in a frying-pan, fry the beef and fat till brown without being hard, put them aside to keep warm. Chop up cold potatoes, greens, and carrots, fry all together in dripping for 15 minutes. Pile this rather high on dish, place slices of beef and fat round, and serve hot.

102.—Brazilian Stew.

1½ lbs. lean beef steak.	1 turnip.
vinegar.	stick of celery.
1 carrot.	salt and pepper.
1 onion.	little flour.

Cut the beef in neat pieces, dip each in vinegar for a moment, season with salt and pepper, and place in a stewpan. Prepare all the vegetables, slice them, and put a layer on the meat; do not add any water or gravy. Cover tightly and cook slowly for 2 hours in its own gravy. Pass the vegetables through a sieve, press into a mould, make hot, turn out into the centre of a dish, arrange the meat round. Thicken and colour the gravy and pour round.

103.—Ox Palates.

3 palates.
good gravy.
flour.
seasoning.

Simmer the palates in water for several hours till they will peel. Cut them in slices and trim like cutlets; stew several hours in a good rich gravy till quite tender; season well. Thicken the gravy with a little flour and pour over the palates.

104.—Chaudfroid à la Paysanne.

aspic jelly.
tomatoes.
hard-boiled eggs.
cold beef.
horseradish sauce.
salad.

Line a border mould with aspic; when beginning to set, put in slices of tomato and hard-boiled egg alternately. Put in a layer of roughly minced cold beef, some horseradish sauce stiffened with liquid aspic; pour over more liquid aspic. When cold and firm turn out on a dish and garnish with salad.

105.—Mutton Pudding.

cold mutton.
1 onion.
1 carrot.
1 turnip.
gravy.
1 artichoke.
Worcester sauce.
pepper and salt.
suet crust.

Cut up some cold mutton into slices about 1½ inches square. Sprinkle well with pepper and salt and a little Worcester sauce; put it in a soup plate for an hour. Parboil onion, carrot, turnip, and artichoke; cut all into slices. Line a pudding basin with suet crust, put in a layer of meat, pour over a little thick gravy, cover it with a layer of vegetables, season with pepper and salt.

Continue the layers until the basin is full, pour in a little more gravy, cover with crust, and boil 2 hours. Tomatoes, cucumbers, peas, and almost any vegetable may be used when in season.

106.—Mutton Pie with Potato Crust.

neck of mutton.
onions.
potatoes.

For the Crust.

1 doz. potatoes.
2 ozs. butter.
4 eggs.
salt and pepper.

Make an Irish stew with mutton, onions and potatoes, season it and put it in a pie-dish. For the crust, bake the potatoes, rub through a sieve, put in a stewpan with 2 ozs. butter and yolks of 4 eggs, salt and pepper. Stir till it leaves the sides of the pan. Roll out on a floured board and cover the pie. Bake a good brown.

107.—Bridée.

2 lbs. neck of mutton.
2 onions.
12 tomatoes.
1 teaspoonful Lemco.
pinch of sugar.
salt and pepper.
boiled rice or macaroni.

Cut the mutton up into neat joints and fry them a little. Take out the meat and fry the sliced onions, put them in a stewpan without water. Slice the tomatoes and add with Lemco, sugar, salt and pepper. Let it simmer for 1½ hours; serve very hot. Arrange the cutlets in the centre of the dish, pour tomatoes over, and a border of boiled rice or macaroni.

108.—Braised Loin of Mutton with Mushrooms.

about 3 lbs. loin of mutton.
2 slices bacon.
veal forcemeat.
2 ozs. butter.
1 onion.
stick of celery.
1 doz. mushrooms.
1 carrot.
1 turnip.
bunch of herbs.
½ pt. stock.
1 oz. flour.
salt and pepper.
cayenne.

Bone the loin, season it with salt, pepper, cayenne, stuff it with veal forcemeat, and bind it up firmly. Melt 1 oz. of butter in a stewpan, add the vegetables prepared and cut up with the bunch of herbs and bacon. Put the mutton on the top, pour round stock, cover with greased paper, and simmer slowly from 1½ to 2 hours. Lift the mutton from the stewpan into a dripping tin with a little gravy, and brown it in a hot oven. Strain the gravy from the stewpan, skim off the fat, thicken it with a brown roux, add pepper and salt and the mushrooms. Boil 10 minutes. Put mutton on a hot dish, with the mushrooms round and the gravy over. Half a leg of mutton can be cooked in the same way.

109.—Mutton Cutlets à la Soubisse.

8 cutlets.
4 onions.
1 large potato.
1 oz. flour.
1 oz. butter.
1 pt. white stock.
¼ pt. cream.
salt and pepper.

Scald the onions, cut them in slices, also the potato. Melt the butter, add the flour, cook it, but do not let it brown; stir in the stock gradually. When it boils put in the cutlets, onion, and potato, season well, and simmer three-quarters of an hour. Arrange the cutlets on a dish with French beans, asparagus, peas or cauliflower in the centre. Add the cream to the sauce and strain the gravy round the cutlets.

110.—Mutton Cutlets à la Bretonne.

6 or 8 neck cutlets.
turnips.
butter.
flour.
egg and bread crumbs.
little cream.
salt and pepper.
Espagnole sauce (No. 474).

Trim the cutlets, leaving the bone quite clean, dip in seasoned flour, then in egg and bread crumbs. Cook them in butter in a sautépan until a nice brown on both sides. Drain them, and put on little frills. Cook the turnips, mash them carefully, adding a little flour, salt and pepper, and cream. Make a mound in the centre of a hot dish with the purée of turnips. Lean the cutlets against it, and pour the sauce round the dish and serve.

111.—Mutton Cutlets à la Reine.

6 or 8 cutlets.
some slices of ham.
bread crumbs.
veal forcemeat.
½ pt. white sauce.
truffles.
salt and pepper.

Trim the cutlets neatly, lay a slice of ham—the same shape on each—and spread the veal forcemeat on it, shaping it like a pyramid. Sprinkle with bread crumbs and brown in the oven. When cooked arrange down the centre of a hot dish. Pour round a well-seasoned white sauce with a little chopped ham added, and garnish with chopped ham in small heaps round.

112.—Carbonaded Leg of Mutton.

leg of mutton.
3 tablespoonfuls bread crumbs.
1 tablespoonful capers.
yolk of 1 egg.
2 tablespoonfuls ketchup.
½ teaspoonful Lemco.
½ nutmeg.
salt and pepper.
½ pt. boiling water.

Mix bread crumbs, capers, yolk of egg, ketchup, nutmeg, salt and pepper with the boiling water,

with the Lemco dissolved in it; leave half an hour to soak the bread crumbs. Take a leg of mutton that has been roasted, cut it in half, roast it a second time, and baste it well with this sauce.

113.—Mutton Cutlets à la Russe.

6 or 8 mutton cutlets.	2 eggs.
1 shallot.	3 ozs. bread crumbs.
1½ ozs. horseradish.	salt and pepper.
2 ozs. butter.	Madeira sauce (No. 475).

Trim the cutlets, leave the bone clean. Melt 1 oz. butter, brush the cutlets over with it, and leave to cool. Chop shallot very finely and grate horseradish. Mix them in a basin with bread crumbs, and salt and pepper. Brush the cutlets with the yolk of an egg and add the rest well beaten to the mixture. Spread the cutlets with it, and cook them in butter in a sautépan, turning them occasionally. Dish them in a circle on a hot dish on a border of potatoes, put a suitable vegetable in the centre, and pour the sauce round.

114.—Fricasseed Mutton Cutlets.

6 or 8 mutton cutlets.	flour.
1 Spanish onion.	boiled rice.
3 or 4 tomatoes.	salt and pepper.
dripping.	

Trim the cutlets, chop off the bone short, flour lightly. Put some dripping into a frying-pan, slice the onion into it, add a few sliced tomatoes, season with salt and pepper, and fry. Add the cutlets, and fry a good brown. Put them in a stewpan with tomatoes, strain gravy from onions, thicken it with flour, and cook till it boils. Put a mound of boiled rice in the centre of the dish, arrange the onions, tomatoes, and cutlets round, and strain the gravy over.

115.—Spiced Cutlets.

6 or 8 mutton cutlets.
4 tablespoonfuls bread crumbs.
1 tablespoonful mixed herbs.
1 tablespoonful parsley.
1 tablespoonful chopped shallot.
grated lemon rind.
salt and pepper.
1 egg.
dripping.
brown sauce.

Cut and trim the cutlets as for ordinary mutton cutlets. Make a mixture with bread crumbs, herbs, parsley, shallot, lemon, and seasoning. Dip the cutlets in some clarified dripping, then into the beaten yolk of egg. Coat well with the bread crumb mixture, fry a golden brown in hot fat, and serve with a good brown sauce.

116.—Hotch Potch (1).

1 lb. neck of mutton.
1 turnip.
½ lettuce.
2 onions.
2 carrots.
1 small cauliflower.
½ pt. green peas.
1 qt. water.
pinch of sugar.
salt and pepper.

Put the meat neatly jointed into a stewpan with water and salt; as it boils skim it carefully. Prepare the vegetables, cut them very small, add to the broth, and simmer 2 hours. Break the cauliflower into sprigs and add with the peas, sugar, and pepper. Boil another half-hour. Remove the mutton and served separately if liked. Broad beans, French beans, asparagus, and any other vegetable can be used as well.

117.—Hotch Potch (2).

neck of mutton (scrag end).
2 carrots.
2 turnips.
beans.
1 onion.
peas
cauliflower.
2 qts. water.
salt and pepper.

Cut up the mutton, boil it with 1 carrot, 1 turnip, 1 onion, in 2 qts. water, very slowly for

3 hours. Then add 1 more carrot and 1 more turnip cut in dice, peas, beans, and small pieces of cauliflower. Boil all together till vegetables are well done. If not thick enough mix in a little flour rolled in butter. In the winter celery can be added.

118.—Mutton Kidneys à la Maître d'Hôtel.

4 sheep's kidneys.
1 oz. butter.
2 tablespoonfuls bread crumbs.
lemon juice.
1 tablespoonful parsley.
salt and pepper.
buttered toast.

Skin the kidneys and cut them nearly through. Roll them in melted butter, cover them with bread crumbs and parsley, run a skewer through them. Grill them 7 or 8 minutes, repeatedly turning them. Take them off the skewer and place each kidney on a round of buttered toast. On each place a tiny piece of butter, squeeze of lemon juice, pepper and salt. Serve very hot.

119.—Mutton Cutlets in Aspic.

best end of neck of mutton.
tomato sauce.
aspic jelly.
peas.
macédoine of vegetables.
mayonnaise.
tomatoes.

Cut off the chine bone of the neck of mutton and braise it with vegetables. When quite cold divide into cutlets and trim them neatly. Mix together equal parts of aspic jelly and tomato sauce. Oil some small cutlet moulds, pour in a little of the jelly, decorate with a few peas, put in the cutlet, fill up with jelly. When cold and firm turn them out and serve round a macédoine of vegetables

dressed with mayonnaise sauce and garnished with slices or quarters of tomatoes.

120.—Lamb Cutlets au Parmesan.

6 or 8 lamb cutlets.	1 egg.
¼ lb. mushrooms.	bread crumbs.
2 ozs. Parmesan cheese.	salt and pepper.
butter.	Parmesan sauce (No. 484).

Trim the cutlets neatly, leaving the bone clean. Grate the cheese and mix 1 oz. with 2 ozs. bread crumbs. Coat the cutlets with egg and dip them in bread crumbs and cheese. Melt some butter in a sautépan, and cook the cutlets a nice golden brown on both sides. Drain them, put a cutlet frill on each, dish in a circle. Cook the mushrooms till tender in butter, season, and put them in the centre of the cutlets. Pour Parmesan sauce round and serve.

121.—Lamb Cutlets with Cucumber.

6 or 8 lamb cutlets.	brown sauce (No. 474).
butter.	1 gill white sauce.
1 cucumber.	salt and pepper.
½ gill cream.	

Trim the cutlets, leaving the bone clean. Brush them well with melted butter or salad oil and grill them carefully. Peel the cucumber, cut it in half lengthways, take out the seeds, and cut each half in inch lengths. Parboil it in salted water, drain it. Melt some butter in a stewpan, put in the cucumber, and cook slowly till tender; add cream and white sauce and season well. Arrange the cutlets down the centre of an entrée dish. Garnish with the cucumber and serve with a rich brown sauce.

122.—Summer Stew.

2 lbs. neck of lamb.
6 young potatoes.
6 young carrots.
6 young turnips.
sprig of mint.
12 spring onions.
½ pt. green peas.
water or stock.
salt and pepper.

Cut the lamb into neat joints, removing some fat. Put it in a stewpan with enough water or stock to cover. Bring to the boil and remove the scum as it rises. Prepare the vegetables carefully, which should be small and of equal size. Put them in the stewpan whole and simmer gently. Dish up the stew with the meat in the centre and the vegetables round.

123.—Curry of Veal.

¾ lb. veal or any other meat.
2 ozs. butter.
3 onions.
1 apple.
10 almonds.
grated cocoanut.
1 oz. curry powder.
½ oz. chutney.
tamarinds or tomatoes.
lemon juice.
½ pt. stock.
pinch of sugar.
salt.

Melt the butter in a stewpan, when hot add finely chopped onion and apple. Cook 10 minutes, add curry powder and cook again. Add all the other ingredients except nuts and meat. Stir in stock and simmer for 10 minutes. Cut the meat into dice, roll in flour, and add also the pounded almonds and cocoanut. Simmer for 3 hours if the meat is raw, 1½ hours if previously cooked.

124.—Fillet of Veal à la Marengo.

1½ to 2 lbs. fillet of veal.
1 oz. butter.
½ gill salad oil.
2 shallots.
bunch of herbs.
4 ozs. mushrooms.
½ gill white wine.
1 gill tomato purée.
½ pt. brown sauce.
seasoning.

Cut the veal in slices, fry them a nice brown in oil. Fry the shallot lightly, pour away the oil, add

the wine and herbs, and allow it to cook a little. Then add brown sauce, tomato purée, and mushrooms, keeping back a few to cook in butter to garnish. Simmer the veal very gently till tender. Dish in the centre of an entrée dish, pour sauce over, garnish with mushrooms and small croûtons of fried bread.

125.—Veal Olives.

1½ lbs. lean veal.
2 ozs. ham.
3 or 4 mushrooms.
1 oz. bread crumbs.
1 egg.
1 carrot.
1 turnip.
onion.
1 oz. butter.
1 glass sherry.
salt and pepper.
½ pt. tomato sauce (No. 478).

Cut the veal into thin slices, make a farce with the bread crumbs, chopped ham, mushrooms and seasoning, bind with egg. Lay a little on each slice of veal, roll up and secure with thread. Prepare the vegetables. Melt the butter in a stewpan, brown them lightly, allow the olives to brown. Add the tomato sauce and sherry, cook very gently till tender. Dish on a hot dish, removing the thread, season, and strain the sauce over.

126.—Sweetbread à la St. Cloud.

2 sweetbreads.
½ pt. stock.
carrot, turnip, and onion.
pinch of herbs.
2 lbs. chestnuts.
3 or 4 rashers.
1 oz. butter.
½ pt. Madeira sauce.
cooked peas.
salt and pepper.

Soak and blanch the sweetbreads. Melt the butter in a stewpan, put in the carrot, turnip, and onion cut up roughly, add herbs, barely cover with

stock. Lay on the sweetbreads and braise gently for 35 minutes. Cut in slices, strain the liquor, add a little meat glaze and reduce it, brush over the slices of sweetbread. Bake the chestnuts until the shells and skins can be easily removed. Then boil them in stock till quite tender. Rub through a sieve, bind together with a little butter and Madeira sauce. Press into a well-greased border mould, and then turn out on to an entrée dish. Dress the slices of sweetbread on the border. Put the cooked peas, tossed in butter, in the centre. Pour round the Madeira sauce, and serve.

127.—Veal Cutlets à la Marquise.

1½ lbs. veal cutlet.	veal forcemeat.
½ pt. béchamel sauce.	salt and pepper.
slices of ham.	egg and bread crumbs.

Cut the veal into neat slices, season well. Put a piece of ham on each and coat thinly with veal forcemeat. Dip them in egg and bread crumbs, fry them a nice golden brown in butter. Drain them, and dress down the centre of an entrée dish, one leaning on the other. Pour round a well-seasoned sauce and garnish with chopped ham.

128.—Veal Cutlets à la Russe.

1½ lbs. veal cutlet.	½ gill white sauce.
1 tablespoonful grated horseradish.	egg and bread crumbs.
2 ozs. grated Parmesan cheese.	mashed potatoes.
	salt and pepper.
	tomato sauce.

Cut the veal into neat rounds with a pastry cutter, season well and coat with a mixture of horseradish mixed together with a little white sauce. Allow it to get firm. Mix the grated cheese with the bread crumbs. Coat the cutlets

with egg and then with bread crumbs and cheese, fry a golden brown in a sautépan with butter. Dress them in a circle on the potato border. Fill the centre with a suitable vegetable, such as peas, French beans, or spinach. Pour the tomato sauce round, and serve.

129.—Fried Calf's Feet.

2 calf's feet.
1 onion.
1 carrot.
bunch of herbs.
1 oz. ham.
1 egg.
bread crumbs.
salt and pepper.
tomato sauce (No. 478).

Wash and scald the feet and soak them for 2 hours. Put them in a stewpan with herbs, sliced vegetables, and enough water or stock to cover them. Simmer gently till quite tender, remove the bones, press the meat between two plates. When cold cut in neat pieces, season, and dip in egg and bread crumbs, to which a little chopped ham is added. Fry a golden brown in hot fat, drain well. Serve with a good tomato sauce.

130.—Curried Sweetbread.

2 sweetbreads.
1 carrot.
1 turnip.
1 onion.
bunch of herbs.
curry sauce (No. 489).
boiled rice.
lemon.
parsley.
stock.

Soak the sweetbreads in cold water for an hour, blanch them, press under two plates till cold. Roughly cut the vegetables and put them in a stewpan with herbs, and barely cover with stock. Cut the sweetbreads in slices, lay on the vegetables, cover with greased paper, and braise them. When cooked dish them on round border of mashed

potato. Pour curry sauce over. Sprinkle chopped parsley on each slice of sweetbread and garnish with cut lemon.

131.—Braised Calf's Liver.

1 lb. calf's liver.
1 onion.
1 carrot.
1 turnip.
bunch of herbs.
2 ozs. butter
juice of ½ lemon.
chopped parsley.
1 glass port wine.
½ pt. Espagnole sauce (No. 474).

Soak the liver for 15 minutes, dry it, cut it into slices. Prepare and cut the vegetables in slices thinly, melt the butter in a stewpan, and fry them a golden brown. Add the liver and brown nicely. Pour away fat, add sauce, herbs, and season. Simmer very gently for 35 minutes, add the wine, lemon juice, and chopped parsley, put the liver in the centre of a dish and pour the sauce over.

132.—Sweetbread à la Comtesse.

2 sweetbreads.
1 terrine foie gras.
1 egg.
bread crumbs.
1 cucumber.
butter.
mashed potato.
Espagnole sauce.

Soak the sweetbreads for an hour, then stew them gently for 20 minutes in well-flavoured stock. Take them out, press them between two plates until cold. Cut them in slices, spread on each side with a layer of foie gras. Coat well with egg and bread crumbs, fry a golden brown in hot fat, drain on paper. Peel and cut the cucumber, take out the seeds, stew till tender, drain and toss in butter in the stewpan, add seasoning. Make a border of mashed potatoes, place on the sweetbread in a

circle, fill the centre with cucumber, and pour sauce round.

133.—Galantine of Veal.

small breast of veal.
1 lb. sausage meat.
¼ lb. veal stuffing.
½ lb. ham and tongue.
3 hard-boiled eggs.
truffles.
2 eggs.
salt and pepper.
aspic jelly.

Bone the breast of veal, taking care not to break the skin. Well season the sausage meat and veal forcemeat. Lay on a layer of sausage meat, then one of ham and tongue, one of forcemeat. Put in the eggs whole, the truffles roughly chopped. Roll up the breast, tie securely in a cloth, and boil for 2½ to 3 hours very gently. Take off the cloth and press between two plates. When cold wipe it with a hot cloth to remove the fat and glaze with aspic jelly. Serve as a luncheon or supper dish, garnished with salad and chopped aspic.

134.—Curry (Beef or Veal).

2 ozs. butter.
1 onion.
2 apples.
1 oz. curry powder.
1½ ozs. flour.
1 pt. stock.
pinch of sugar.
juice of ½ lemon.
1 oz. sultanas.
boiled rice.

Put the butter in a stewpan. When hot put in chopped onion and apple, fry a good golden colour. Add the curry powder and flour, and cook for 10 minutes. Stir in the stock, add sugar, salt, and lemon juice, simmer for 20 minutes. Cut the meat into dice, fry lightly in butter, put in the sauce with sultanas. Simmer for an hour, and serve with border of boiled rice.

135.—Cold Meat Gateau.

1 lb. cooked meat.
4 ozs. bread crumbs.
2 hard-boiled eggs.
1 onion.
chopped parsley.
some good gravy.
1 egg.
salt and pepper.
½ pt. tomato sauce.

Well grease a pie-dish, cut the hard-boiled eggs in slices, and decorate the dish. Mince the meat, add bread crumbs, chopped onion, parsley, salt and pepper, gravy, and well-beaten egg. Bake in a moderate oven for 20 minutes. Turn out on a hot dish and pour a good tomato sauce round.

136.—Curry of Cold Meat.

2 ozs. butter.
1 onion.
1 slice of bread.
12 almonds.
½ pt. milk.
2 eggs.
lemon.
½ lb. cold meat.
1 oz. curry powder.
salt.

Soak the bread in half the milk. Slice the onion and fry in the butter, add the curry powder and almonds chopped finely. Beat up the eggs with the rest of the milk, add the bread, onions, meat, lemon juice, season it. Put it in a casserole, bake in a slow oven for 1 hour. Serve in the casserole with boiled rice in a separate dish.

137.—Meat Fritters.

1 lb. cooked meat.
1 oz. ham.
2 sheets of gelatine.
1 oz. butter.
1 oz. flour.
½ pt. stock.
lemon juice.
salt and pepper.
frying batter.
parsley.

Mince the meat and the ham. Dissolve the gelatine in a little of the stock. Melt the butter in a saucepan, stir in the flour. Cook it and add

the stock gradually, boil it until quite smooth. Add the minced meat, pepper, salt, and lemon juice. Heat all together, turn it on to a plate, and let it get cold. Divide and shape into small balls, dip each in frying batter, fry a golden brown in deep fat. Drain and serve hot, garnish with parsley.

138.—Cold Meat Pudding.

1 lb. cold meat.
1 oz. bread.
½ oz. butter.
½ oz. flour.
½ pt. milk.
2 eggs.
bread crumbs.
salt and pepper.

Mince the meat—beef is the best to use. Mince with it 1 oz. bread soaked in milk. Make a béchamel sauce with the butter, flour, and milk, adding the well-beaten yolks of 2 eggs, season well. Mix this sauce with the mince, add the stiffly whipped whites of eggs. Pour the mixture into a round mould, well buttered and lined with bread crumbs. Bake in a moderate oven from 20 to 30 minutes. Prepare a good brown or tomato sauce. Turn out the pudding, pour the sauce over it. A border of macaroni or rice can be served with it if liked.

139.—Meat and Potato Pudding.

2 lbs. potatoes.
½ pt. milk.
1 lb. cooked meat.
2 eggs.
1 tablespoonful ketchup.
salt and pepper.

Boil the potatoes and rub them through a sieve or masher. Make them into batter with milk and eggs. Lay some minced and seasoned meat in a fireproof dish, sprinkle with chopped parsley and onion. Put in a layer of potato, then meat,

making the last layer of potato. Bake a nice light brown and serve hot. Slices of sausage meat may be used.

140.—Meat Pudding.

1 lb. cold meat.
¼ lb. suet.
¼ lb. bread crumbs.
1 onion.
2 eggs.
grated lemon peel.
little ketchup.
salt and pepper.
brown sauce or gravy.

Mix the meat and suet finely chopped with the bread crumbs, add flavourings and chopped onion, bind with eggs. Put in a buttered dish and bake 1 hour. Turn out and serve with a good brown gravy or sauce.

141.—Sausages in Batter.

1 lb. sausage meat.
1 teaspoonful mixed herbs.
1 tablespoonful chopped parsley.
salt and pepper.
ground mace.
chopped chives.

Season the sausage meat with herbs, spice, salt and pepper. Form into small round cakes on a floured board. Dip them in frying batter, fry one at a time a golden brown in hot fat. Drain well and serve garnished with fried parsley.

142.—Mock Goose.

1 lb. sausage meat.
onion.
sage.
pepper and salt.
mashed potatoes.
apple sauce.

Put a layer of sausage meat in a pie-dish, sprinkle over it a seasoning of finely-chopped onion, sage, pepper and salt. Cover this with thin layer of mashed potatoes, another layer of sausage meat,

etc., and finish with potatoes. Bake in the oven for 1 hour, and serve with apple sauce.

143.—Pork and Apples.

1½ lbs. pork.	8 potatoes.
2 apples.	½ pt. water.
4 onions.	salt and pepper.

Cut the pork into thick slices. Peel the apples, onions, and potatoes, cut them into slices. Put meat and vegetables together in a baking tin, season with salt and pepper, add water enough to cover, and bake 2 hours.

144.—Croustades of Pork à la Diable.

1 lb. pork.	slices of bread.
butter.	tomato sauce (No. 478).
grated cheese.	cayenne.
bread crumbs.	salt.

Cut the pork into slices and then into little fillets, sauté them in butter until quite cooked. Cut out some rounds of bread the same size and fry them a golden brown, place a fillet on each piece of fried bread. Coat with tomato sauce made hot with cayenne pepper, sprinkle with bread crumbs and grated cheese. Brown in the oven and serve very hot.

145.—Pork Cutlets with Chestnuts.

5 or 6 pork cutlets.	butter.
1 carrot.	½ pt. Espagnole sauce (No. 474).
1 turnip.	stock.
1 onion.	salt and pepper.
herbs.	
1½ lbs. chestnuts.	

Trim the cutlets neatly. Cut up the vegetables roughly, put them in a stewpan with herbs, barely cover with stock. Place on the cutlets, cover them

with a piece of buttered paper, and braise till tender; remove the cutlets. Reduce the stock till almost a glaze, brush the cutlets with it. Bake the chestnuts until the skins and shells can be easily removed. Boil them in stock till tender, rub them through a sieve, bind together with a little butter and brown sauce, season well. Arrange the pork cutlets on a hot dish, garnish with the purée of chestnuts, and serve the sauce with it.

146.—Ham Mousse.

½ pt. cream.
½ lb. ham.
1 gill liquid aspic.
carmine colouring.

Pound and sieve the cold cooked ham. Whip the cream stiffly and into it stir the liquid aspic. Add the ham, and colour a delicate pink. Whip all together for 3 or 4 minutes. Pour into a mould or into several small ones. Potted ham may be used in the same way, and is very good.

147.—Cutlets à la Princesse.

4 ozs. cooked veal.
1 oz. ham or tongue.
2 tablespoonfuls cream.
aspic jelly.
2 hard-boiled eggs.
4 or 5 tomatoes.
oil and vinegar.
salt and pepper.
cress or watercress.

Pound the eggs, ham or tongue, and veal, cut up small in a mortar to a smooth paste. Rub through a sieve, season well, and add the cream. Divide the mixture into equal parts, shape as a cutlet, put them on a dish, and cover well with aspic jelly. When set cut them out carefully. Make a salad with sliced tomatoes, season with salt and pepper, dress them with oil and vinegar. Pile them in the centre of the dish, arrange the cutlets round, garnish with cress or sprigs of watercress, and chopped aspic.

CHAPTER IV.

POULTRY AND GAME (148-193).

148.—Fillets of Chicken.

breast of 2 fowls.
½ tin mushrooms.
1 gill cream.
1 gill chicken stock.
lemon juice.
2 ozs. butter.
1 oz. flour.
tongue or ham.
salt and pepper.

Skin the breasts of the fowls and remove the fillets and divide each fillet in half, season them and fry in butter about 8 minutes, turning them well. When cooked remove and keep them hot. Add the flour to the butter, cook together; add stock, cream, lemon juice, a little liquor from the mushrooms, boil 3 minutes, put in the fillets and mushrooms to get hot. Have ready some small rounds of ham or tongue, heat them in a little stock. Pile the mushrooms in the centre of the dish, arrange the fillets round with a slice of ham between each. Strain the sauce over the mushrooms. It should be about the consistency of cream.

149.—Chicken à l'Italienne.

1 chicken.
2 ozs. butter.
1 oz. flour.
3 ozs. macaroni.
¾ pt. stock.
bunch of herbs.
1 small onion.
blade of mace.
yolks of 2 eggs.
3 ozs. Parmesan cheese.
salt and pepper.
cayenne.

Skin and joint the chicken neatly. Put it in a saucepan with the boiling stock or water, add

onion, mace, and herbs, simmer slowly about three-quarters of an hour. Wash the macaroni and break in pieces an inch long, throw it in boiling water with 1 oz. butter. Boil till tender, drain it, add salt, pepper, cayenne, and 1 tablespoonful Parmesan cheese. Make a border of this and arrange the chicken in the centre. Melt the rest of the butter, stir in the flour and cook, add the stock from the chicken, pepper and salt; boil until thick, stirring all the time. Strain over the beaten yolks of 2 eggs, add the rest of the Parmesan. Put back in the saucepan to re-heat, but do not allow it to boil. Pour over the chicken and serve. A chicken may be stewed in the same way and served with tomato sauce.

150.—Chicken à la Claremont.

1 chicken.
1 carrot.
1½ pts. stock.
½ oz. glaze.
½ lb. sausage meat.
parsley.
½ lb. lean ham or tongue.
bunch of sweet herbs.
1 stick celery.
1 onion.
lemon juice.
salt and pepper.

Bone the chicken, taking care not to break the outside skin. Lay it flat on a board, season with salt, pepper, and lemon juice, lay on a layer of sausage meat. Cut the ham or tongue into strips and arrange them lengthways. Roll up and sew firmly in a cloth. Put it into a saucepan with the bones and vegetables, pour in boiling stock, and let it simmer for 1¾ hours. Lift out and reduce the gravy by one half by fast boiling, add glaze and seasoning. Remove the cloth and stitches from the chicken, cut in rounds about one-third of an inch thick. Lay these round a border of rice or potatoes, fill the centre with peas, cauliflower, or beans. Strain the gravy round and serve.

The chicken may be served whole cold, glaze with aspic jelly or chaudfroid sauce.

151.—Poulet à la Sefton.

remains of cold fowl.
2 tablespoonfuls Harvey sauce.
1 tablespoonful mushroom ketchup.
1 oz. butter.
2 tablespoonfuls made mustard.
1 tablespoonful Bengal chutney.
1 tablespoonful curry powder.

Cut the fowl up in neat joints, remains of plainly boiled fowl are best. Mix all the ingredients together, brush over each joint thickly with the mixture. Put in the oven a few minutes to set, then grill over a clear fire for 10 minutes. Just before serving brush over the joints with butter. Serve very hot.

152.—Chicken à la Milanaise.

1 chicken.
butter.
2 or 3 tomatoes.
¼ lb. mushrooms.
8 button onions.
10 chestnuts.
1 gill sherry.
½ pt. Italian sauce (No. 481)
½ pt. tomato sauce (No. 478).
salt and pepper.

Cut the chicken in neat joints. Melt the butter in a casserole, fry the chicken a nice brown, add the sherry, and cook till nearly dry. Pour in Italian and tomato sauces, simmer till tender. Cook all the vegetables separately, boil the chestnuts in stock, fry mushrooms in butter, bake tomatoes in slices, boil the onions and glaze them. Dish the chicken in the centre of an entrée dish, season the sauce, strain it over. Garnish with groups of onions, mushrooms, chestnuts, and tomatoes, and serve.

153.—Devilled Chicken.

1 chicken.
1 oz. butter.
lemon.
mustard.
bread crumbs.
cayenne.

Cut the chicken in joints, season with salt and pepper, brush with melted butter. Put it on a tin in the oven to half cook. Mix some mustard with a little cayenne and a few drops of lemon juice. Coat the joints with it and dip in bread-crumbs. Sprinkle over some melted butter and grill over a clear fire. Serve with a devil sauce, garnish with cut lemon.

154.—Chicken à l'Espagnole.

1 chicken.
2 ozs. butter.
3 ozs. Parmesan cheese.
1 oz. ham.
4 oz. spaghetti.
¼ lb. mushrooms.
1 Spanish onion
½ oz. flour.
½ pt. tomato purée.
1 glass white wine.
salt and pepper.

Cut the chicken into neat joints. Melt the butter in a casserole, when hot fry the joints a good brown, remove them. Slice the onion, put it in the casserole with tomato purée, chopped ham, white wine. Stir till it boils, thicken with a little flour. Put back the chicken and simmer very slowly till tender. Cook the spaghetti in salted water for 20 minutes, when tender drain and return to the stewpan. Add a little butter, grated cheese, salt and pepper, stir till the cheese is melted. Dress the fowl high on an entrée dish, pour the sauce over. Garnish with the mushrooms cooked in butter, and serve the spaghetti with it separately.

155.—Poulet en Casserole.

1 fowl.
4 ozs. bacon.
button onions.
2 ozs. butter.
little stock.
1 glass white wine.
pinch of mixed herbs.
salt and pepper.
½ pt. Espagnole sauce.

Prepare the fowl, cut in neat joints. Melt the butter in a casserole, brown the joints nicely. Add the bacon, cut in dice, and fry. Pour off the fat into a frying-pan and cook the button onions a good brown. Add the wine and a little good stock and herbs to the fowl, and cook for 30 minutes very slowly. Add the sauce and onions, and simmer again for 10 to 15 minutes. Season well and serve in the casserole.

156.—Fowl and Rice Croquettes.

½ lb. rice.
some minced fowl.
3 ozs. butter.
1 qt. stock.
seasoning.
egg and bread crumbs.

Boil the rice gently for half an hour in 1 quart of weak stock. Add the butter and simmer until it is quite dry and soft. When cold make it into balls, hollow out the inside, and fill with minced chicken well seasoned and rather thick. Cover over with rice, coat the balls well with egg and bread crumbs, fry a golden brown in deep fat. Before the rice is cooled a little cream or white sauce may be added.

157.—Vol au Vent of Chicken.

½ lb. puff pastry.
cold chicken.
½ pt. béchamel sauce.
1 doz. champignons.
truffles.
2 ozs. ham or tongue.
green peas.
salt and pepper.

Make the puff pastry in the usual way, the day before required for use if possible. Cut it into a

round about 7 inches across with a sharp knife. Mark the top, partly cutting through the pastry, leaving an inch margin all round. Bake the case in a hot oven until cooked. When cooked lift out the centre piece of pastry, scoop out the soft paste, and fill with the following mixture. Cut the chicken into neat dice, slice the truffles, add the champignons, cooked green peas, and strips of ham or tongue. Mix all together with a good béchamel sauce with some cream, season well, and fill the vol au vent. Serve hot or cold, on a folded serviette. The piece of pastry from the centre may be put on as a lid.

158.—Chicken Mould.

1 chicken.
3 ozs. bread crumbs.
1 onion.
4 cloves.
little mace.
½ pt. boiling milk.
4 eggs.
2 ozs. butter.
salt and pepper.

Half boil the chicken, take off all the white meat and mince it. Put bread crumbs in a basin, add onion stuck with cloves, and blade of mace; pour boiling milk over it, leave until cold. Remove onion and mace, add 4 eggs well beaten, 2 ozs. butter, season well with salt and pepper. Fill a well-greased mould with mixture, cover with paper, and steam 1½ hours.

159.—Crême de Volaille.

breasts of 2 chickens.
tongue.
truffles.
cream.
salt.
cayenne.
bread crumbs.

Pound the chicken well in a mortar, add a little cream, some bread crumbs, salt and cayenne.

Decorate a mould with tongue and chopped truffles. Put in the mixture, cover with a buttered paper, and steam for 30 minutes. Serve with cream sauce or melted butter. It is good for supper cold without the sauce.

160.—Chaudfroid of Chicken.

cold chicken.
½ pt. stock.
1 teaspoonful Lemco.
1 gill aspic.
salt and pepper.
1 oz. butter.
1 oz. flour.
2 eggs.
lemon juice.
salad.

Cut some neat pieces from a cold fowl. Make the sauce with butter and flour cooked together, the stock stirred in gradually and boiled for a few minutes. Add the aspic and boil till it reduces and coats the spoon. Stir in the yolks and juice of half a lemon, cook a little, but do not boil again. Pour the sauce into a dish and allow it to cool. Dip each piece of chicken in the sauce so that it is well coated, decorate with a fancy shape of truffle. Serve on a bed of salad, arrange high in the centre of the dish.

161.—Chicken Creams.

4 ozs. boiled chicken.
2 tablespoonfuls béchamel sauce.
1 oz. butter.
2 gills aspic.
1 tablespoonful cream.
4 ozs. ham.
½ gill tomato sauce.
1 wine-glass sherry.
aspic.
carmine.
seasoning.

Mix the chicken, sauce, butter, 2 gills aspic, and cream well together, and season well. Rub it through a sieve, pour it on a plate, and leave on ice to set. Pound the ham or tongue, tomato sauce, some aspic together, colour it and leave it to set. Line some moulds with aspic jelly, put

in some chicken cream, then some aspic, then a layer of ham, then aspic, and so on till the moulds are full. When set, dish on a silver dish with salad.

162.—Ragoût of Duck.

1 duck.
1½ pts. stock.
1 onion.
4 cloves.
6 allspice.
6 peppercorns.
rind of ½ lemon.
2 ozs. butter.
1 oz. flour.
1 glass port wine.
lemon juice and salt.
fried croûtons.

Half roast the duck and cut it into neat joints. Put it in a stewpan with stock, onion stuck with cloves, rind of lemon cut thinly, peppercorns and allspice. When it boils skim it well, cover it, and simmer for 1½ hours. Put into another stewpan the butter and flour. Cook together, strain in the sauce from the duck, mix it smoothly, and stir till it boils, add seasoning, lemon juice, and port wine. Put the duck, which should have been kept hot, on a dish, strain the sauce over. Garnish with croûtons of fried bread.

163.—Duck à la Seville.

1 duck.
onion.
carrot.
turnip.
2 ozs. butter.
2 ozs. bacon.
½ gill sherry.
½ gill stock.
1 orange.
½ lemon.
salt and pepper.

Truss the duck. Cut up the vegetables roughly and the bacon in dice. Put in the butter, place on the duck, and cook for half an hour. Take out the duck, put it on a tin in the oven to brown. Strain off the butter from the stewpan, add sherry and stock, simmer together for 10 minutes. Add

the juice of the orange, a squeeze of lemon juice, and some orange and lemon rind cut in shreds. Boil together for a few minutes, season well. Put the duck on a hot dish, pour over the sauce. Garnish with watercress.

164.—Duck with Purée of Green Peas.

1 duck.
1 pt. green peas.
butter.
peppercorns.
onions.
parsley, thyme, etc.
bay leaves.
1 pt. stock.
salt and pepper.

Stew the peas in stock till tender, then rub them through a sieve. Stew the duck, cut in neat joints, in butter with salt, peppercorns, small onions, parsley, thyme, and bay leaves. When tender remove the duck and keep it hot. Strain the sauce and add it to the purée of peas, reduce it until the consistency of thick cream. Put the duck on a hot dish and pour the purée over it.

165.—Salmi of Duck.

cold duck.
2 tablespoonfuls salad oil.
1 glass of claret.
1 teaspoonful Lemco.
juice of 2 Seville oranges or lemons.
salt and cayenne.

Cut off the fillets of a roast duck and the rest in slices. Mix the salt and cayenne together and sprinkle over them. Put the salad oil in a stew-pan, add the claret, Lemco, and strained juice of oranges or lemons. Stir well and serve very hot with fried sippits of bread.

166.—Duck à la Russe.

cold duck.
brown glaze.
green peas.
watercress.

Cut the cold duck into neat joints, mask them with a brown glaze, allow them to set. Place a

mound of cold cooked green peas in the centre of an entrée dish, arrange the glazed joints round, and garnish with watercress.

167.—Boned Turkey.

1 turkey.
2 lbs. sausage meat.
small ox tongue.
½ lb. ham.
pinch of herbs.
truffles.
hard-boiled eggs.
salt and pepper.

Bone the turkey, fill it in layers with sausage meat, ham, the tongue whole in the middle, hard-boiled eggs, chopped truffles, plenty of seasoning. Tie up securely in a cloth and simmer gently for 4 or 5 hours. Press with weights. When cold wipe with cloth dipped in boiling water, and glaze either with meat glaze or aspic jelly. Garnish with blocks of aspic. Pipe the turkey with butter in a pattern. Serve as a luncheon or supper dish ; very suitable for large parties.

168.—Boiled Turkey with Chestnuts.

1 turkey.
chestnut forcemeat.
chestnut sauce (No. 485).

Make the chestnut stuffing. Bake the chestnuts to remove shells and skins, boil in stock till tender, rub through a sieve. Return to the saucepan, add cream, butter, and season well. Stuff the breast of the turkey with this, truss, and boil in the usual way. Serve with white chestnut sauce. Bread crumbs and a little nutmeg can be added to the stuffing.

169.—Braised Pheasant.

1 pheasant.
6 or 8 rashers.
bunch of herbs.
1 lb. chestnuts.
½ pt. stock.
2 ozs. butter.
1 gill sherry or white wine.
salt and pepper.

Prepare and truss the pheasant. Cut the rashers in dice and put in a stewpan with 1 oz. butter.

When melted put in the pheasant and brown it nicely all over. Add the stock, wine, and herbs, put on cover and cook in a moderate oven for 35 to 40 minutes, basting occasionally. Cook the chestnuts, remove shells and skins, rub through a sieve, add 1 oz. butter, season well, and make thoroughly hot. Put the purée in the centre of an entrée dish, take out and untruss the pheasant, place it on the chestnut purée. Season and reduce the liquor, skim off the fat, and strain over the pheasant, and serve. Garnish with watercress.

170.—Pheasant à la Royale.

2 pheasants.
aspic jelly.
rice.
French plums.
sugar.
oranges.
cherries.
lemon juice.
oil.

Cut up a brace of pheasants, which have been roasted and allowed to get cold, into neat pieces. Remove the skin and bone if possible, mask the pieces with aspic jelly, decorate each piece with a fancy shape of truffle, let it set. Arrange on a border of rice, in the centre place, a salad of sliced oranges, bottled cherries, and stewed French plums, dressed with oil and lemon juice and sprinkled with castor sugar.

171.—Pheasant Cutlets.

¾ lb. cooked pheasant.
1 oz. flour.
1 oz. butter.
1 gill game stock.
½ teaspoonful chopped parsley.
2 ozs. bread crumbs.
salt and cayenne.
egg and bread crumbs.

Mince the pheasant finely. Melt the butter in a saucepan, cook the flour in it for a few minutes,

add the stock. Season well with salt and cayenne, add bread crumbs. If too dry moisten with a little brown sauce or stock. Mix well together, spread on a wet plate, divide into portions, and put aside to cool. When firm form into cutlets; put a piece of spaghetti in to represent a bone. Coat well in egg and crumbs, fry a golden brown in deep fat, drain on paper. Fry a piece of bread shaped like a pyramid, put this in the centre of a dish on a fancy paper, lean the cutlets round against it. Pour sauce round the dish, and serve.

172.—Pheasant à la Gitana.

1 pheasant.
2 or 3 rashers.
1 Spanish onion.
½ pt. Espagnole sauce.
1 gill tomato purée.
½ gill sherry.
salt and cayenne.
croûtons.

Prepare and truss the pheasant, half roast it, then cut it into neat joints. Put the rashers in a stewpan and cook them for a few minutes with the onion sliced. Drain off a little of the fat, pour in the sauce and tomato purée, put in the pheasant and simmer very slowly till it is tender, add the wine, salt, and cayenne. Dish the pheasant in the centre of the dish and the sauce poured over. Garnish with croûtons of fried bread.

173.—Pheasant au Foie Gras.

1 pheasant.
foie gras.
3 ozs. ham.
1 oz. bread crumbs.
truffles.
brown sauce.
salt and pepper.
browned crumbs.

Prepare the pheasant. Make a stuffing with bread crumbs, chopped ham, and foie gras, chopped truffles, salt and cayenne; moisten with a tablespoonful of brown sauce. Fill the pheasant with this farce, and roast in the usual way. Dish on a

hot dish, garnish with watercress. Serve a good brown sauce and browned crumbs with it.

174.—Partridge à la Chasseur.

2 partridges.
1 shallot.
4 ozs. mushrooms.
2 ozs. butter.
1 wine-glass sherry
½ pt. Espagnole sauce
salt and pepper.
croûtons.

Prepare the partridges and cut them each into 6 joints. Melt the butter in a casserole and fry the joints a nice brown. Add the chopped shallot and brown it, then the sauce and sherry. Simmer very gently till partridge is tender, season well. Pile the joints up in an entrée dish, strain the sauce over. Garnish with croûtons of fried bread cut in diamond shapes and the mushrooms well cooked in butter, and serve.

175.—Partridge à l'Anglaise.

2 partridges.
4 ozs. bread crumbs.
2 ozs. butter.
½ nutmeg.
½ gill port wine.
salt and pepper.
port wine sauce (No 480).

Prepare the partridges. Make a stuffing with bread crumbs, butter, grated nutmeg, salt and pepper, moisten with wine. Fill the partridges with it and roast. Dish on a hot dish on squares of toast, garnish with watercress. Serve with port wine sauce.

176.—Salmi of Partridges.

3 partridges.
slices of bacon.
1 oz. ham.
2 shallots.
1 onion.
1 oz. butter.
1 oz. flour.
1 carrot.
bunch of sweet herbs.
cloves.
1 pt. stock.
1 glass claret.
juice of ½ lemon.
salt, pepper, cayenne.

Truss 3 partridges, wrap them round with bacon, and half roast them. When cold remove the

bacon and cut each bird into neat joints, removing the skin. Put the trimmings and carcasses chopped into a stewpan, add ham, shallots, onion, carrot, herbs, cloves, cayenne, salt, pepper, and stock. Let it boil gently for 2 hours, then strain it. When quite cold put the pieces of partridge into it, put the pan on the fire, and let it heat slowly. Melt 1 oz. butter in another pan, add 1 oz. flour, cook well. Stir in claret and lemon juice, add this to the salmi. Dish and serve very hot, garnish with croûtons of fried bread.

177.—Salmi Chaudfroid.

Prepare the salmi as above about 15 minutes before serving. Take the partridge out and add to the sauce 1 gill of liquid aspic. Put the stewpan on ice and shake well till it sets. Dip each piece of partridge in separately that they may be well coated with sauce. Arrange them nicely on a dish, pour the sauce over. Garnish with chopped aspic.

178.—Roast Hare.

1 hare.
veal forcemeat.
½ pt. cream.
½ lb. flour.
½ lb. butter.
red currant jelly.
port wine sauce (No. 480).

Make the veal forcemeat in the usual way, adding the liver, parboiled and finely chopped. Stuff the hare, sew up and truss, put it in a baking tin with cream, flour, and butter, baste it constantly with this until it is coated all over. When cooked dish on a hot dish. Serve red currant jelly and port wine sauce with it.

179.—Hare à l'Espagnole.

1 hare.
2 ozs. butter.
½ lb. mushrooms.
button onions.
1 pt. Espagnole sauce (No. 474).
1 gill port.
pinch of herbs.
salt and pepper.

Skin and clean the hare, cut into neat joints, dry them. Melt the butter in a stewpan and brown the joints well in it. Pour off the fat, add the sauce and herbs, and simmer gently for 1 to 1½ hours. Cook the mushrooms in butter, boil the onions, and glaze them. When the hare is tender add the port wine, and season well. Pile the joints in the centre of a dish, pour the sauce over, and garnish with mushrooms and onions alternately, and serve.

180.—Pigeons à la Tartare.

2 or 3 pigeons.
butter.
bread crumbs.
1 teaspoonful chopped parsley.
1 shallot.
6 tablespoonfuls oil.
2 teaspoonfuls pickles.
1 boned anchovy.
juice of 1 lemon.
½ gill stock.
1 teaspoonful made mustard.
salt and pepper.

Singe 2 or 3 pigeons, truss them as for boiling, flatten them as much as possible without breaking the skin. Season them with salt and pepper, dip in melted butter, sprinkle with bread crumbs, grill them over a clear fire half an hour before they are wanted. Make a sauce with parsley, shallot, pickles, anchovy chopped very fine. Squeeze over them juice of a lemon, add boiling stock and salad oil. Stir all together in a stewpan till it boils, rub in a spoonful of made mustard. Put the pigeons in a hot dish and pour the sauce over and serve.

181.—Pigeons à la Française.

4 pigeons.
bacon.
bread crumbs.
parsley.
egg.
salt and pepper.
chives.
1 gill chicken stock.

Clean and pick the pigeons, remove neck, wings at pinion joint, and feet below second joint. Truss and cover with slice of bacon. First stuff them with forcemeat made with bread crumbs, pounded livers, chives, egg, salt and pepper. Stew them gently for 25 minutes in chicken stock, and serve in the gravy they were stewed in. Quails can be cooked in the same way.

182.—Pigeons à la Princesse.

2 or 3 pigeons.
foie gras.
mushrooms.
½ pt Espagnole sauce (No. 474).
butter.
salt and pepper.

Prepare the pigeons. Make a stuffing of chopped mushrooms cooked in butter, mix with foie gras, season well. Stuff the pigeons with it. Melt some butter in a stewpan, cook the pigeons in it, browning them well. Pour off the butter and add the sauce. Simmer very slowly till the pigeons are tender, season well, and serve. It can be cooked in an earthenware casserole and sent to table in it.

183.—Stewed Pigeons with Peas.

2 pigeons.
3 ozs. butter.
1 dessertspoonful chopped mint.
2 pts. shelled peas.
½ pt. stock.
2 eggs.
salt and pepper.
little milk.

Clean the pigeons, cut them in quarters, put them in a stewpan with 3 ozs. butter, mint, peas,

salt and pepper, pour over warm stock or water. Stew gently for three-quarters of an hour till pigeons are tender. Beat 2 eggs in a tablespoonful of milk, and pour gently into the stew. Stir till it thickens, but it must not boil. Dish with peas in the centre of the dish and pigeon round. Pour the sauce over, and serve.

184.—Rabbit with Chestnuts.

1 rabbit.
2 ozs. butter.
1 oz. flour.
½ pt. stock.
small onions.
bunch of sweet herbs.
20 chestnuts.
salt and pepper.

Cut up a rabbit, put it in a stewpan with 2 ozs. butter. When a nice brown sprinkle thickly with flour, add the stock gradually with some sweet herbs and button onions. Let it stew gently, and when nearly cooked add 20 large chestnuts that have been boiled and skinned, season well with pepper and salt. Pile the rabbit up in the centre of a hot dish, pour the sauce round, and garnish with chestnuts.

185.—Rabbit à la Jardinière.

1 rabbit.
onions.
carrots.
turnips.
peas.
1 pt. white sauce (No. 471).
salt and pepper.
little cream.

Skin, wash, and cut up a rabbit into neat joints. Put the white sauce into a casserole with the young onions, the carrots and turnips cut into small balls with a scoop, the rabbit, and salt and pepper. Simmer very gently till tender, stirring constantly to prevent burning. Cook the peas separately and add, and serve in the casserole.

186.—Salmi of Woodcock.

2 woodcock.
1 onion.
1 oz. butter.
1 oz. flour.
2 or 3 cloves.
1 anchovy.
½ teaspoonful Lemco.
salt and cayenne.
1 glass claret.

Half roast the woodcock and cut in neat joints. Put them in a stewpan with onion, cloves, anchovy, 1 oz. butter rolled in the flour, cayenne and salt to taste. Dissolve Lemco in half a pint of boiling water, add this gradually, and the liver and trails of the woodcock. Simmer for 15 minutes, but do not allow it to boil. Add a glass of claret and a squeeze of lemon juice, and serve very hot.

187.—Larks à la Française.

6 larks.
bacon.
1 gill chicken stock.
3 chives.
1 dessertspoonful parsley.
1 teaspoonful castor sugar.
salt and pepper.

Pick and clean the larks, leaving the livers. Cut off heads, wings, and feet just below the second joint, tie a piece of fat bacon over each. Put them in a stewpan with stock, parsley, chives, sugar, salt and pepper to taste. Simmer them for 15 minutes, and serve with the sauce in which they were stewed.

188.—Hashed Venison.

cold roast venison.
onion.
herbs.
stock.
2 ozs. butter.
1½ ozs. flour.
red currant jelly.
glass of port wine.
salt and pepper.
croûtons.

Cut the venison into neat slices, chop up bones, etc., simmer with an onion and herbs. Melt the butter in a stewpan, brown the flour in it, add the

strained liquor from bones, stir till it boils, season well. Make a good rich brown with gravy browning, put in slices of venison, add port and teaspoonful of jelly. Let it stand at the side of the stove but do not boil. Serve garnished with croûtons of toast or fried bread.

189.—Polpettes of Hare or Game.

cold hare or game.
1 tablespoonful parsley.
1 onion.
1 gill white sauce.
2 ozs. grated cheese.
pepper and salt.
little chutney.
2 eggs.
egg and bread crumbs.

Mince the meat finely, and put it in a stewpan with parsley, chopped onion and white sauce, grated cheese, pepper and salt, a little chutney. Lastly add 2 well-beaten eggs. Stir over the fire till blended but not boiling. Spread the mixture on a dish, divide into equal portions, put aside to get quite firm, cut into rounds with a cutter. Coat with egg and bread crumbs twice, fry a golden brown in hot fat, drain well, and serve in the centre of a border of boiled macaroni.

190.—Quenelles à la Vivandière.

some raw game (hare, grouse, pheasant, or partridge).
6 ozs. panada.
2 tablespoonfuls white sauce.
2 eggs.
glaze.
tongue.
truffle.
cucumber.
spinach.
artichokes.
salt and pepper.

Take 10 ozs. raw game, pound it in a mortar till quite smooth, pound the panada for a few minutes. Then by degrees mix in the game and pound both together, season with salt, black pepper, a very little mace, add the eggs, well-beaten, and the white sauce, pass all through a sieve. Butter

some quenelle moulds, garnish them alternately with finely cut strips of tongue, cooked cucumber, and truffle. Fill them with the quenelle mixture, and poach in game stock for about 20 minutes. Turn the quenelles out of the moulds, glaze them, and dish them on a border of spinach. Pour some rich brown sauce, with some port wine added, round the dish. Fill the centre with artichokes. Prepare them as for boiling, parboil them and allow them to get quite cold. Cut them in long strips about quarter of an inch thick, dip them in frying batter, and fry a golden brown, and drain. Salsify may be cooked in the same way.

191.—Savoury Rissoles.

4 ozs. bread crumbs.
2 ozs. butter.
1 yolk of egg.
½ oz. chopped parsley and mixed herbs.
grated rind of ½ lemon.
cold chicken or game.
egg and bread crumbs.
salt and pepper.

Make a forcemeat with bread crumbs, butter, lemon rind, herbs. Well season it and mix with yolk of egg. Roll out rather thin on a well-floured board. Cut into small rounds, put a little minced chicken or game well seasoned in the centre. Moisten the edges with white of egg, press together. Coat well with egg and crumbs, fry a golden brown in deep fat, and dish on a fancy paper.

192.—Medallions of Game.

½ lb. cooked game.
1 hard-boiled egg.
aspic jelly.
truffle.
½ gill port wine sauce.
2 sheets gelatine.
salt and pepper.
watercress.

Line some oval shaped moulds with aspic jelly. Cut out some fancy shapes of white of egg and truffle, decorate the moulds, and set it with aspic.

Mince the game, season well, moisten with sauce, add yolk of egg, pound in a mortar, and rub through a sieve. Melt the gelatine in a little aspic, and add. Fill up the moulds, set on ice. When firm turn out and garnish with watercress.

193.—Game Pie.

2 lbs. flour.	game.
½ lb. butter.	stock.
2 yolks of eggs.	mushrooms.
½ lb. veal.	salt and pepper.
½ lb. ham.	watercress.

Sift the flour into a basin. Melt the butter in a saucepan with the water. Add salt to the flour, mix to a smooth paste with butter and water. Put aside one-third for the top. Line a well-greased raised pie tin with pastry. Put in a layer of veal and ham cut in small pieces, add seasoning and chopped mushroom, then the game cut in small pieces. Repeat this till the pie is full and all the material is used up. Roll out the top and put it on, decorate with leaves, make a hole in the centre and put in a rose. Brush with egg and cook for 3 to 4 hours. Leave in the mould till cold, remove the rose, pour in some good stock with a little gelatine added. Take out of the tin and serve garnished with watercress.

CHAPTER V.

VEGETABLES AND SALADS.
(194—254).

194.—Artichokes à l'Italienne.

artichokes.
stock.
butter.
½ pt. Italian sauce (No. 481).
salt and pepper.

Peel the artichokes under water with a little lemon juice added, shape them in pyramid shapes. Cook them till tender in half a pint of stock with a little butter added. Drain them, reduce a little of the stock, add a little glaze, brush over the artichokes. Dish them neatly in a hot vegetable dish, pour Italian sauce round, and serve.

195.—Artichokes au Gratin.

artichokes.
½ pt. béchamel sauce (No. 472).
grated Parmesan cheese.
little butter.
salt and cayenne.

Peel the artichokes and boil till tender in salted water with lemon juice. Cut them in slices, heat them again in the sauce, season well. Put them in a fireproof dish, sprinkle over a good layer of bread crumbs, another of grated cheese, a few little pieces of butter. Brown carefully in a hot oven, and serve.

196.—Entrée of Artichokes.

artichokes.
bread crumbs.
butter.
salt and pepper.

Boil some artichokes until quite tender, pass through a sieve. Mix with it some bread crumbs, a little butter, salt and pepper. Put the mixture in a fireproof dish, sprinkle with bread crumbs, place on a few little bits of butter, and brown in a hot oven.

197.—Asparagus en Mayonnaise.

2 bundles of asparagus.
chopped parsley.
Mayonnaise sauce (No. 238).

Wash and scrape the asparagus, tie in bundles. Boil gently in salted water with a pinch of carbonate of soda. When cooked take up and drain carefully and allow to get cold. Arrange it in an entrée dish, pour the mayonnaise sauce over, sprinkle with chopped parsley, and serve cold.

198.—Potatoes Sauté.

6 potatoes.
2 ozs. butter
salt and pepper.
chopped parsley.

Peel and slice the potatoes. Melt the butter in a saucepan, put in potatoes, sprinkle with salt and pepper. Put on the lid of the pan and cook gently till tender, and a pale golden colour. Serve in a hot dish, sprinkle over plenty of chopped parsley. The butter can be strained and used again.

199.—Potato Rissoles.

mashed potatoes.
butter.
1 egg.
egg and bread crumbs.
1 tablespoonful chopped parsley.
salt and pepper.

Mash the potatoes with butter, well-beaten egg, salt and pepper, and chopped parsley. Form into

balls, coat *twice* with egg and bread crumbs. Fry a golden brown in deep fat, drain well, and dish on a lace paper.

200.—Potato Rolls.

3 cooked sausages.
1½ lbs. mashed potatoes
1 egg.
butter.
salt and pepper.
egg and bread crumbs.

Melt the butter and add to the mashed potatoes with the egg, pepper and salt. Form into small cakes, and in the centre of each put half a sausage without the skin. Form into round balls, brush with egg, coat well with bread crumbs, and fry a golden brown in deep fat. Drain well, and dish on fancy paper.

201.—Croquettes de Pomme de Terre au Jambon.

¾ lb. potato purée.
¼ lb. chopped ham.
1 egg.
1 tablespoonful chopped parsley.
2 tablespoonfuls cream.
pinch cayenne.
egg and bread crumbs.

Add ham, parsley, cayenne to potato purée, mix with egg and cream. Form into croquettes, coat well with egg and bread crumbs, fry a golden brown in deep fat. Drain well and dish on a hot dish on fancy paper.

202.—Côtelettes de Pomme de Terre au Fines Herbes.

1 lb. potatoes.
1 teaspoonful chives.
1 teaspoonful parsley.
2 ozs. butter.
1 egg.
1 teaspoonful mixed herbs.
2 ozs. Parmesan cheese.
salt and pepper.
egg and breadcrumbs.

Mash and weigh the potatoes, put them in a basin with chopped chives, parsley, herbs, cheese,

butter, egg, salt and pepper. Mix well, form into cutlets, coat well with egg and bread crumbs, stick in a piece of spaghetti to represent bone. Fry in deep fat a golden brown, drain on paper, and serve dished in a circle.

203.—Côtelettes de Pomme de Terre au Parmesan.

1 lb. potatoes.
3 tablespoonfuls cheese.
1 egg.
1 oz. butter.
salt and pepper.
egg and bread crumbs.

Weigh the potatoes after they have been mashed and passed through a sieve. Put them in a basin, add grated cheese, butter, and well-beaten egg, season well. Mix to a stiff paste, turn on to a floured board, roll out to 1 inch in thickness. Stamp out with a cutlet cutter, coat well with egg and bread crumbs, fry a golden brown in deep fat. Drain and put in a piece of spaghetti to represent bone. Dish on fancy paper.

204.—Stuffed Tomatoes.

8 tomatoes.
6 mushrooms.
3 ozs. ham or tongue.
1 oz. butter.
2 tablespoonfuls bread crumbs.
½ teaspoonful Lemco.
salt and pepper.
squares of toast.

Scoop out the inside of the tomatoes carefully. Strain the juice into a saucepan, add the butter, Lemco, chopped ham or tongue, chopped mushrooms, and bread crumbs. Cook gently and stir well until the bread crumbs thicken. Season the mixture well and fill the tomatoes with it. Put a little chopped parsley on the top of each and bake ten minutes in a moderate oven. Serve each on a square of toast or fried bread.

205.—Stewed Tomatoes.

6 tomatoes.
1 teaspoonful Lemco.
½ pt. water or stock.
1 tablespoonful tomato sauce.
salt and pepper.
cayenne.

Dissolve the Lemco in the stock or water in a stewpan. When it boils put in the tomatoes whole. Season well, and let them stew gently for half an hour until the tomatoes are tender. Arrange them on a hot dish, thicken the gravy with the tomato sauce, allow it to boil and pour round the tomatoes. Cooked in this way tomatoes form a good centre for a dish of cutlets, or they can be served with a border of boiled macaroni.

206.—Tomato Rissoles.

1 pt. chopped tomatoes.
1 pt. breadcrumbs.
1 egg.
pinch of sugar.
salt and pepper.
egg and bread crumbs.

Chop the tomatoes finely, add to them the bread crumbs, salt, pepper, sugar, and a well-beaten egg, and enough of the juice to moisten them sufficiently. Form into cutlets. Coat well with egg and bread crumbs. Stick in a piece of macaroni to make a bone, fry a golden brown in deep fat. Drain and serve on a fancy paper.

207.—Stuffed Tomatoes à la Caroline.

5 or 6 tomatoes.
2 ozs. rice.
1 shallot.
grated cheese.
salt and cayenne.
croûtons.

Cut a hole in the top of the tomatoes and carefully scoop out the centre. Cook the rice until tender, add a little finely chopped shallot, season with salt and cayenne, add some grated cheese, moisten with a little of the tomato juice. Fill the tomatoes with this mixture, piling it up a little on

the top. Bake in a moderate oven, serve hot on a round croûton of fried bread.

208.—Beans and Tomatoes.

1 pt. haricot beans.
1 oz. flour.
½ oz. butter.
½ pt. water.
2 tablespoonfuls tomato sauce.
salt and pepper.

Soak the beans for 12 hours in soft water, cook them in a jar in a slow oven covered with water. When tender drain them. Make a sauce with butter, flour, and water beans were boiled in, add tomato sauce, season well. Serve hot, garnished with fried croûtons.

209.—Stewed Cucumber.

1 or 2 cucumbers.
veal forcemeat (No. 587).
stock.
Espagnole sauce.
salt and pepper.
chopped parsley.

Peel the cucumber, cut it in short lengths, take out the centre with a vegetable cutter, stuff with a little veal forcemeat in each piece. Stew very gently till tender in stock with a little salt. Drain when cooked, dish in an entrée dish, make the Espagnole sauce hot, season well. Strain it over the cucumber, sprinkle with chopped parsley, and serve.

210.—Braised Onions.

4 or 5 large onions.
½ lb. sausage meat.
carrot and turnip.
butter.
½ pt. brown sauce.
little stock.
salt and pepper.
chopped parsley.

Skin the onions and parboil them, take out the centre and fill with sausage meat. Melt the butter in a stewpan, brown the carrot and turnip roughly cut up, barely cover with stock. Lay on the onions

and cook gently for 1 to 2 hours according to size. When tender dish in a hot dish, strain off the liquor they were cooked in and reduce it, add it to the brown sauce. Strain over the onions and serve.

211.—Celery Fritters.

2 heads of celery.
frying batter (No. 583).
salt.
tomato sauce (No. 478).

Boil the celery until quite tender in salted water, drain and cut into neat lengths. Make a frying batter, dip in each piece of celery, and drop into hot fat and fry a golden brown. Drain well and serve on a folded serviette with a good tomato sauce handed separately.

212.—Carrots à la Flamand.

carrots.
½ pt. tomato sauce (No. 478).
3 tomatoes.
chopped parsley.
salt and pepper.
croûtons.

Scrape the carrots carefully and boil till tender in salted water, drain them, and arrange them in an entree dish. Make the tomato sauce very hot, strain over the carrots. Fry some round croûtons of bread a golden brown, place a piece of tomato on each. Make them hot, sprinkle chopped parsley over them, and garnish the dish with these, and serve.

213.—Fricasseed Broad Beans.

broad beans.
2 ozs. butter.
1 oz. flour.
½ pt. hot milk.
½ pt. white stock.
chopped parsley.
2 yolks of eggs.
½ lemon.
bacon.
salt and pepper.

Boil the beans and drain them. Make a white sauce with the butter, flour, hot milk, and stock;

stir well until it boils. Add parsley, salt and pepper. Thicken the sauce with the well-beaten yolks, but do not boil after these are added. Flavour with juice of lemon. Stir the beans into the sauce, serve very hot with a few rolls of bacon round the dish. Salsify can be dressed in the same way.

214.—Broad Beans à la Mentone.

broad beans.
4 rashers.
egg and bread crumbs.
½ pt. Soubise sauce (No. 490)
1 oz. grated Parmesan cheese.
salt and pepper.
croûtons.

Shell the beans and boil them in salted water till tender, drain them. Add them to the Soubise sauce, make hot. Dish them in a hot dish, roll the rashers in small rolls, coat them with egg and crumbs, and fry them a golden brown. Fry some diamond-shaped croûtons of bread, garnish the dish with these alternately. Sprinkle the croûtons of bread with the Parmesan cheese. Serve hot.

215.—Curried Beans.

½ pt. haricot beans.
½ carrot.
1 onion.
1 oz. butter.
½ oz. flour and curry powder mixed.
1 gill water.
rice.

Soak the beans all night in cold soft water, put them in a jar in a slow oven. Cover with water and bake till soft. If the water is hard add pinch carbonate soda. Cut the vegetables very small, melt the butter, add them, and fry for 5 minutes. Then cook the flour and curry powder and add the water. Boil till it thickens, add the beans, make hot, season, and serve with border of boiled rice.

216.—Haricots Verts Sauté au Beurre.

1 lb. French beans.
3 ozs. butter.
juice of ½ lemon.
salt and pepper.

Slice the beans and boil tender with a small piece of soda in the water. Drain them and put in a stewpan and shake over the fire to dry. When quite hot and dry add the butter, lemon juice, salt and pepper. Shake the pan continually; do not use a spoon, as that will break the beans. Serve when butter is melted and the beans are thoroughly hot.

217.—Mushroom Pudding.

1½ lbs. flour.
6 ozs. butter.
1 qt. mushrooms.
1 teaspoonful baking powder.
pepper and salt.
water to mix.

Make a crust with the flour and 5 ozs. butter. (Dripping or suet may be used instead.) Line a greased pudding basin, peel and wash the mushrooms, put them in with 1 oz. butter, pepper and salt, and a little water. Finish off as beef steak pudding. Boil for 1½ hours.

218.—Stuffed Mushrooms.

10 or 12 mushrooms.
2 ozs. ham.
2 shallots.
2 ozs. bread crumbs.
1 gill brown sauce.
1 oz. butter.
salt and pepper.
chopped parsley.

Well wash the mushrooms, choosing large ones to hold the forcemeat. Melt the butter in a stewpan, chop the shallots, and fry them a nice brown. Add the chopped ham, 1½ ozs. bread crumbs, salt and pepper, moisten with brown sauce. Place some forcemeat on each mushroom, sprinkle with bread crumbs, and put on each a small piece of butter. Bake on a tin in the oven till cooked.

Serve with a good brown sauce, sprinkle with chopped parsley.

219.—Mushrooms and Cream.

½ lb. mushrooms.
toast.
1 gill cream.
salt and pepper.

Fry the mushrooms in butter until quite tender, lay them on a large slice of toast. Pour over them some good thick cream. Cover with a hot basin and stand in the oven for 5 minutes, and serve.

220.—Salsify.

salsify.
white sauce.
grated cheese.
salt and pepper.

Boil the salsify until tender, drain, cut into slices. Toss in white sauce with a little grated cheese.

221.—Salsify au Fromage.

salsify.
2 ozs. butter.
lemon juice.
3 ozs. Parmesan cheese.
salt and cayenne.
buttered toast.

Scrape and cook the salsify in boiling water with salt and lemon juice, drain when tender. Melt the butter in a stewpan, cut the salsify in even lengths and add to the butter when hot with the grated cheese. Stir over the fire until well mixed and thoroughly hot. Have ready some squares of buttered toast, pour over the salsify and cheese, and serve very hot.

222.—Peas à la Venitienne.

green peas.
1 oz. butter.
1 oz. flour.
3 or 4 onions.
½ pt. milk.
½ gill cream.
2 or 3 tomatoes.
salt and pepper.

Boil the peas in salted water with a sprig of mint and a lump of sugar until tender, drain them.

Make a white sauce with butter, flour, and milk. Boil the onions, chop finely, add to the white sauce, and season well with salt and pepper. Add the peas to the sauce with cream. Dress in a hot dish, garnish with slices of tomato heated in the oven, and serve.

223.—Darioles au Petit Pois.

1 pt. green peas.
aspic jelly.
cream.
salt and pepper.

Line some dariole moulds with aspic jelly. Cook the peas in salted water until tender, taking care to keep them a good green colour. Line all over the moulds with peas, set them with a little more aspic. Rub the rest of the peas through a sieve, add cream, slightly whipped, and salt and pepper. Fill the centre of the mould with the mixture, pour in some more aspic, set on ice till required. Turn out in a circle in an entrée dish, and garnish with chopped aspic and green salad, and serve.

224.—Dried Green Peas.

peas.
mint.
sugar.
butter.

Soak the peas all night in cold soft water with a small piece of soda. Boil in a cloth with a sprig of mint or a pinch of dried mint and a little sugar. When tender put in a vegetable dish with a slice of butter, and serve.

225.—Stewed Red Cabbage.

1 red cabbage.
slice of ham.
½ oz. fresh butter.
1 gill vinegar.
½ oz. castor sugar.
salt and pepper.
1 pt. stock.

Cut the cabbage into very thin slices, put it into a stewpan with ham cut in dice, butter, half

a pint of the stock, and vinegar. Cover the pan closely and let it stew gently for 1 hour. When it is very tender add the remainder of the stock, sugar, salt and pepper. Mix all well together. Stir over the fire until nearly all the liquor has dried away, and serve.

226.—Vegetable Marrow Stuffed.

1 vegetable marrow.
½ tin mushrooms.
2 tablespoonfuls chopped ham.
4 ozs. bread crumbs.
chopped parsley.
1 egg.
salt and pepper.
cayenne.

Peel the marrow, remove the centre, boil 15 minutes in plenty of boiling water, with salt, drain it. Have ready the forcemeat, stuff the marrow carefully, brush it over with egg, sprinkle with bread crumbs, and bake until brown. Garnish with parsley.

227.—Cauliflower à la Reine.

1 cauliflower.
½ pt. béchamel sauce.
½ gill cream.
2 ozs. ham.
salt and cayenne.
croûtons.

Trim the cauliflower, cook it in salted water with a pinch of carbonate of soda. When tender, drain thoroughly, cut the cauliflower in half; lay each half flat in an entrée dish. Make the sauce hot, season well with salt and cayenne, add cream and 1 oz. finely chopped ham. Pour this over the cauliflower, sprinkle with the rest of the ham. Garnish with tiny croûtons of fried bread.

228.—Cauliflower in Batter.

1 cauliflower.
salt and soda.
frying batter.
parsley.

Boil the cauliflower in salted water with a pinch of soda, drain well, and divide into neat pieces.

Make the frying batter, dip in each piece of cauliflower, drop into hot fat, fry a golden brown, drain on paper. Pile high on a hot dish on a serviette, garnish with parsley, and serve.

229.—Cauliflower Mould.

1 large cauliflower.	½ pt. milk.
2 ozs. butter.	salt and pepper.
3 eggs.	tomato sauce.

Boil the cauliflower, remove all the green and chop it finely; when cold, weigh it. Take 1 lb. and mix it with the butter beaten to a cream with the eggs. Add ½ pint milk, season well with salt and pepper. Press it in a buttered mould and bake a nice brown, or steam for half an hour. Turn out and serve with tomato sauce, or put it in the centre of a dish of cutlets or any entrée.

230.—Italian Cauliflower.

3 ozs. flour.	1 teaspoonful salad oil.
1 egg.	salt and pepper.
milk.	cauliflower.

Make a batter with flour, egg, milk, and salad oil. Divide a cooked cauliflower into small pieces, dip it in the batter. Fry a golden brown in hot fat, drain and serve hot on a fancy paper.

231.—Purée of Cauliflower.

2 small cauliflowers.	½ gill white stock.
1 oz. butter.	little lemon juice.
½ oz. flour.	pepper and salt.
½ gill cream.	cayenne.

Boil the cauliflower till tender, drain. Melt the butter, stir in flour, stock, cream, and flavourings; boil. Add the cauliflower, mix well, rub the whole through a wire sieve. Re-heat and serve garnished with fried croûtons.

232.—Brussels Sprouts à la Française.

Brussels sprouts.
½ pt. white sauce. (No. 471).
½ gill cream.
1 oz. bread crumbs.
2 ozs. grated Parmesan cheese.
1 yolk of egg.
salt and cayenne
croûtons.

Trim and wash the sprouts. Cook them in salted water with a pinch of soda until tender, drain them well. Dress them in a dish with alternate layers of white sauce and grated cheese. Sprinkle bread crumbs over the top with the yolk of a hard-boiled egg flaked through a sieve. Make the dish quite hot, and serve with croûtons of fried bread.

233.—Brussels Sprouts au Jus.

sprouts.
gravy.
butter.
white sauce.
salt and pepper.

Boil the sprouts for a few minutes in water. Drain and stew till tender in some good gravy. Drain them and toss in a sautépan with a little butter, but do not let them brown. Serve with white sauce.

234.—Spinach Pancakes.

4 ozs. cooked spinach.
1 shallot.
4 ozs. flour.
1 egg.
½ pt. milk.
1 oz. lard.
salt and pepper.
½ oz. butter.

Melt the butter in a stewpan. Cook the shallot, finely chopped, add the spinach, season, and make thoroughly hot. Make a pancake batter with flour, egg, and milk, season it with salt and pepper. Fry the pancakes in the usual way, making them

small. Put some of the spinach on each, roll up, and serve hot.

235.—Beetroot à la Pompadour.

1 or 2 beetroot.
½ pt. white stock.
1 oz. butter.
½ oz. flour.
1 tablespoonful lemon juice.
1 tablespoonful chopped parsley.
1 yolk of egg.
1 tablespoonful cream.
salt and pepper.

Boil or bake the beetroot, cut it into thick slices, pile in a dish. Make a sauce with butter, flour, stock, adding lemon juice, parsley, cream. Boil for a minute or two, add cream and beaten yolk. Re-heat, but do not boil again, season, and pour over the beetroot. This is a nice dish to serve with boiled beef.

236.—Macédoine of Vegetables.

2 or 3 carrots.
2 or 3 turnips.
peas.
asparagus points.
cauliflower.
Brussels sprouts.
French beans.
white sauce.
castor sugar.
salt and pepper.

Scrape the carrots and turnips clean and smooth, use a French vegetable scoop to shape them like olives. Boil them carefully in a little stock, drain them and put them in a stewpan with some young green peas, asparagus points, sprigs of cauliflower, very small Brussels sprouts, and French beans cut into dice. All these vegetables must have been previously boiled and drained. Add 2 good tablespoonfuls of white sauce, a little castor sugar, salt and pepper. Toss the macédoine lightly over the fire, and use for garnishing.

237.—Braised Lettuce.

4 lettuces.
little stock.
carrot.
turnip.
onion.
herbs.
½ pt. brown sauce (No. 473).
veal forcemeat.
bacon.
salt and pepper.

Well wash the lettuces, parboil them, and drain. Cut out the centre and stuff with veal forcemeat, tie each round with a rasher of bacon. Cut the carrot, turnip, and onion roughly, put them in a stewpan with a pinch of herbs and barely enough stock to cover. Place on the lettuces and braise till tender. Remove them, take off the bacon, dish them on a hot dish. Strain the liquor from the stewpan, remove the fat, reduce it till nearly a glaze. Pour it into the brown sauce, season well, and strain over the lettuces, and serve.

238.—Mayonnaise Dressing.

2 yolks of eggs.
1 gill salad oil.
½ teaspoonful mustard.
1 tablespoonful vinegar.
1 teaspoonful sugar.
1 tablespoonful tarragon vinegar.
2 tablespoonfuls cream.
salt and pepper.

Put the yolks in a basin, add salt and mustard, stir in oil drop by drop to prevent curdling. When all the oil is in stir in the vinegar in the same way, add cream last of all. This dressing will keep some time if kept air-tight and in a cool place.

239.—Salad Dressing (1).

1 teaspoonful salt.
¼ teaspoonful pepper.
1 teaspoonful mustard.
3 tablespoonfuls salad oil.
1 tablespoonful vinegar.
pinch of sugar.

Put salt, pepper, mustard, and sugar into a basin, add oil (always 3 parts oil to 1 part vinegar). Beat in vinegar with wooden spoon until all the ingredients are thoroughly mixed. Use as directed.

240.—Salad Dressing (2).

1 yolk of egg.
1 dessertspoonful sugar.
1 teaspoonful made mustard.
½ gill vinegar.
1 gill cream.
½ gill oil.
little tarragon vinegar.
salt and pepper.

Put salt and pepper, sugar and mustard into a basin, add yolk of egg and mix thoroughly. Then add vinegar, oil, and cream. Use as directed.

241.—Potato Salad.

cooked potatoes.
shallot.
parsley.
chervil.
tarragon.
salad dressing No. I.

Use young potatoes when possible; they must not be overcooked. Cut them in neat slices. Mix the dressing, pour over the potatoes, sprinkle over some finely chopped shallot, parsley, chervil, and tarragon.

242.—Chestnut Salad.

1½ to 2 doz. chestnuts.
1 lettuce.
1 head of celery.
2 hard-boiled eggs.
stock.
onion.
parsley and chervil.
mayonnaise dressing.

Slit the chestnuts, put them in the oven until the shells and skins can be easily removed, put them in a stewpan with stock and onion, and stew till tender. When cooked drain them and allow them to get cold. Wash, trim, and cut celery into shreds. Slice the chestnuts, mix both together in a salad bowl, add some mayonnaise dressing. Garnish the salad with shredded lettuce and slices of egg. Sprinkle with chopped parsley and chervil, and serve at once.

243.—Egg Salad.

5 or 6 hard-boiled eggs.
aspic jelly (No. 584).
chopped parsley.
coralline pepper.
green salad.
mayonnaise dressing (No. 238).

Boil the eggs until quite hard, cut into slices. Rinse out a border mould with cold water, pour in a little liquid aspic. Decorate the bottom of the mould with slices of egg, chopped parsley, and coralline pepper, pour over more aspic to set it. Fill the mould up with aspic and set aside to cool. When set turn out on a flat dish. Chop the rest of the eggs roughly, season, and add a little green salad. Mix with mayonnaise dressing, and fill the centre of the border. Garnish with green salad and chopped aspic jelly.

244.—Asparagus Salad.

1 bundle asparagus.
lettuce.
chopped parsley.
salad dressing No. I.

Cook the asparagus in boiling water with salt and pinch of carbonate of soda. Drain it and allow it to cool. Cut away all the hard stalk, leaving only the soft green part, cut into short lengths. Wash and dry the best leaves of a lettuce, shred it, and put in a salad bowl. Put in the asparagus, add some chopped parsley to the dressing, pour over the salad just before serving

245.—Cauliflower Salad.

1 large cauliflower.
chervil.
2 hard-boiled eggs.
mayonnaise dressing (No. 238).

Boil the cauliflower until tender but not broken, allow it to get cold. Divide into small sprigs, arrange in a salad bowl. Pour the mayonnaise dressing over, sprinkle with chopped chervil, and garnish with small slices of hard-boiled egg.

246.—Nut Salad.

2 heads of celery.
½ lb. walnuts (shelled).
chopped chervil and tarragon.
mayonnaise dressing (No. 238).

Well wash and trim the celery, shred it finely, and put into a salad bowl. Shell and skin the walnuts, cut them into shreds, mix with the celery. Pour over some mayonnaise dressing. Sprinkle with finely chopped chervil and tarragon.

247.—Sahara Salad.

cold potatoes.
cold cooked salsify.
2 bananas.
1 or 2 truffles.
chopped parsley.
chopped chervil.
chopped chives.
salad dressing No. I.

Cut the potatoes into dice and the salsify into shreds. Slice the bananas and truffles. Mix all together in a salad bowl. Pour over the dressing. Sprinkle over chopped parsley, chervil, and chives, and serve.

248.—Durbar Salad.

1 head of celery.
1 beetroot.
1 tablespoonful capers.
1 hard-boiled egg.
½ pt. cream.
½ tablespoonful vinegar.
tarragon vinegar.
salt and cayenne.

Wash and trim the celery, cut into fine shreds. Chop the cooked beetroot into small dice, mix together with capers and chopped white of egg. Whip the cream, flavour carefully with vinegar and a little tarragon vinegar, salt and cayenne. Stir in lightly to the other ingredients. Just before serving sprinkle over finely flaked yolk of

egg. This salad is very suitable for serving with cold meat.

249.—Prawn Salad.

2 doz. prawns.
1 cucumber.
1 tablespoonful capers.
parsley.
salt and pepper.
mayonnaise dressing (No. 238).

Shell the prawns, put them in a salad bowl with the capers and sliced cucumber, keeping some slices back to garnish. Dress with salt and pepper, and mix together with mayonnaise dressing. Garnish with slices of cucumber and sprinkle with chopped parsley.

250.—Russian Salad.

aspic jelly.
cold cooked vegetables.
truffles.
capers.
gherkins.
stoned olives.
2 ozs. lean ham.
shrimps.
anchovies
shallot.
chervil and tarragon.
lettuce and cucumber.
1 hard-boiled egg.
mayonnaise dressing (No. 238).

Fill a border mould with aspic jelly, decorating it with fancy shapes of carrot and green peas, shrimps, etc. Cut all the cold vegetables into fancy shapes, add chopped ham, filleted anchovies, and all the other ingredients. Mix together with some mayonnaise dressing. Wash, dry, and shred some lettuce, arrange it on a flat dish, turn out the border of aspic, garnish round with slices of cucumber and beetroot. Put the mayonnaise mixture in the centre. Much trouble can be saved by using a bottle of vegetable macédoine. The vegetable should be drained well and used as above.

251.—Sardine Salad.

6 or 8 sardines.
lettuce.
2 hard-boiled eggs.
watercress.
1 oz. capers.
salad dressing No. 1.

Cut the sardines down the back, take out bone, scrape off the skin, and cut into strips. Wash and dry the lettuce and tear it into shreds. Mix in a bowl the lettuce, sardines, capers. Pour over the dressing, garnish with watercress and quarters of hard-boiled eggs.

252.—Chicken Salad.

cold chicken.
lettuce.
cucumber.
watercress.
2 hard-boiled eggs.
2 ozs. cooked ham.
beetroot or tomato.
mayonnaise dressing (No. 238).

Cut the meat of the chicken into neat pieces. Wash, dry, and shred the lettuce, arrange it in a salad bowl with slices of cucumber, shreds of ham and chicken. Pour over some mayonnaise sauce, mix well. Garnish with quarters of hard-boiled egg and tomato and watercress. Serve immediately the salad is mixed.

253.—Orange Salad.

6 oranges.
2 ozs. muscatels.
1 oz. almonds.
2 ozs. castor sugar.
2 tablespoonfuls brandy or whiskey.

Peel and slice the oranges, removing all pips. Arrange in a salad bowl or glass dish with muscatels and blanched almonds. Sift over castor sugar, and squeeze the juice of 2 oranges over, add brandy or whisky. Let it stand for a few hours before serving.

254.—Cherry Salad.

1 lb. cherries.
1 tablespoonful brandy.
1 tablespoonful salad oil.
pinch of sugar.
tarragon and chervil.
lemon juice.

Stone the cherries, put them in a basin with brandy and a few drops of lemon juice. Add the chopped tarragon and parsley and the sugar. Mix well and serve with roast duck or game.

CHAPTER VI.

SAVOURY AND BREAKFAST DISHES (255—322).

255.—Savoury Toast.

1½ ozs. cheese.	cayenne.
1½ ozs. ham or tongue.	croûtons.
little cream.	watercress.

Mince the ham or tongue. Grate the cheese, mix together, moisten with a little cream, season with cayenne. Spread the mixture neatly on some croûtons of fried bread, and garnish with watercress.

256.—Sausage Toast.

1 or 2 sausages.	grated cheese.
chopped parsley.	made mustard.
salt and pepper.	toast.

Fry the sausages, remove the skins. Mix some parsley and grated cheese with it. Season well and add a little mustard, and serve very hot on toast.

257.—Vegetable Toast.

cold vegetables.	salt and pepper.
yolk of 1 egg.	buttered toast.
bread crumbs.	

Take any remains of cooked vegetables, heat them and make them into a purée, and mix with

the yolk of an egg. Put it in a stewpan and thicken over the fire. Season well and spread the mixture on slices of toast, brush over with egg. Sprinkle over bread crumbs, bake in the oven, and serve very hot on a fancy paper.

258.—Oxford Toast.

2 ozs. ham or tongue.
1 hard-boiled egg.
cayenne.
2 ozs. butter.
salt and pepper.
buttered toast.

Mince the ham or tongue or any other cold meat very finely. Mix with the egg chopped very small, season well with salt and pepper and cayenne. Melt butter in a stewpan, add the mixture, stir until quite hot, spread on squares of buttered toast, and serve very hot.

259.—Kidney Toast.

3 sheep's kidneys.
1 pt. stock.
2 ozs. butter.
2 ozs. flour.
1 dessertspoonful port wine.
1 teaspoonful red currant jelly.
1 teaspoonful anchovy.
vinegar.
salt and cayenne.

Blanch the kidneys and put them in a stewpan with stock, stew till tender. Pound them and pass them through a sieve. Melt the butter in the stewpan, stir in flour, and cook both together. Add gradually 1 breakfastcupful of the stock the kidneys were boiled in. Work in the kidney paste, add port wine, jelly, anchovy, vinegar, and seasoning. Stir till the sauce thickens. Pour the mixture over 4 squares of hot fried toast.

260.—Tongue Toast.

3 ozs. tongue.
1 oz. butter.
chopped parsley.
1½ ozs. bread crumbs.
pepper.
buttered toast.

Chop the tongue very finely, put in a stewpan with butter, chopped parsley, pepper, and bread crumbs. Pile on rounds of buttered toast, and serve very hot. Remains of ham, chicken, game, or fish can be used in the same way.

261.—Cheese and Egg Toast.

2 eggs.
little cream.
1 tablespoonful grated cheese.
bread crumbs.
anchovy paste.
salt and pepper.
buttered toast.

Boil the eggs hard, pound them in a mortar with enough cream to make a paste. Season it and add grated cheese. Have ready 6 rounds of buttered toast spread with anchovy paste. Pile on the egg mixture, sprinkle over a few bread crumbs and a tiny piece of butter on each. Make very hot in the oven, and serve on a fancy paper. Garnish with watercress.

262.—Bengal Toast.

2 ozs. ham.
1 gill of milk.
1 oz. chutney.
buttered toast.
cayenne.
parsley.

Put the chopped ham in a saucepan with milk and chutney. Season with cayenne and cook gently until thick and creamy and very hot. Serve on rounds of buttered toast, sprinkle with chopped parsley and coralline pepper.

263.—Anchovy Toast (1).

2 oz. butter.
1 yolk of egg.
1 teaspoonful beer.
cayenne.
2 teaspoonfuls anchovy essence.
squares of toast.

Put the butter on a very hot plate, add the yolk of an egg, beat well together. Add good pinch of cayenne, beer, and anchovy essence, mix well. Soak some squares of rather thick toast, and serve very hot.

264.—Anchovy Toast (2).

½ oz. butter.
1 egg.
1 teaspoonful anchovy essence.
pepper.
buttered toast.
parsley.

Put the butter in a saucepan, add anchovy essence, pepper. When melted break in egg and stir well until thick and creamy. Pile neatly on the toast, sprinkle with chopped parsley, and serve very hot.

265.—Tomato Eggs.

3 or 4 hard-boiled eggs.
2 tomatoes.
1 oz. butter.
salt and pepper.
fried croûtons.
cress or watercress.

Cut the hard-boiled eggs in half lengthwise. Pound the yolks with the tomatoes, butter, pepper and salt to taste. Fill the whites with this mixture, using a forcing bag and fancy pipe. Place each one on a croûton of fried bread, and serve hot or cold garnished with cress or watercress.

266.—Savoury Eggs.

4 hard-boiled eggs.
chopped ham.
1 oz. butter.
salt and pepper.
cayenne.
little cream.

Cut the eggs in half, remove the yolks. Put them in a basin, add an equal quantity of minced ham, butter, seasoning, cayenne, and a little cream. Mix all well together and fill the whites. Dish on a croûton of fried bread or a small round of brown bread and butter, and serve cold.

267.—Spanish Ham and Eggs.

1 teacupful rice.
bacon fat.
ham.
salt and pepper.
poached eggs.

Boil the rice well in fast boiling salted water, dry it. Put it in a stewpan with a tablespoonful of hot bacon fat, season it with salt and pepper, and make it very hot. Put rice on a hot dish, arrange on it slices of fried ham and poached eggs.

268.—Egg Cutlets.

2 or 3 eggs.
1 oz. bread crumbs.
1 oz. grated cheese.
grated nutmeg.
½ teaspoonful curry powder.
salt and pepper.
egg and bread crumbs.

Hard boil the eggs, chop very finely. Add bread crumbs, grated cheese, curry powder, nutmeg, salt and pepper. Mix with yolk of egg. Shape into cutlets, put a piece of macaroni in the end for the bone. Coat well with egg and bread crumbs. Fry a golden brown in hot fat, drain, and dish in a ring on a fancy paper. Garnish with watercress.

269.—Eggs à la Mornay.

3 eggs.	bread crumbs.
½ pt. Mornay sauce.	butter.
1 oz. grated cheese.	buttered toast.

Hard boil the eggs, cut them in half lengthways, Put each half on a round of buttered toast. Arrange them on a hot dish, pour the Mornay sauce over them, sprinkle thickly with bread crumbs, then with grated cheese. Brown nicely in the oven and serve hot. This dish may be made with poached eggs instead of hard-boiled.

270.—Italian Eggs.

3 or 4 eggs.	1 oz. butter.
tomato purée.	pepper and salt.
nutmeg.	chopped parsley.

Break one egg at a time in a cup, taking care not to break the yolk, pour them in well buttered scallop shells. Mix some tomato purée in a saucepan with the butter, season well with salt, pepper and nutmeg. When hot pour a tablespoonful of the purée over each egg and cook them in a quick oven till they are set. Dish and serve hot. Sprinkle over a little chopped parsley just before sending to table.

271.—Baked Eggs with Mushrooms.

4 or 5 eggs.	1 shallot.
½ lb. mushrooms.	salt and pepper.
1 oz. butter.	chopped parsley.
4 rashers.	bread crumbs.

Melt the butter in a stewpan, chop the shallot and cook it in the butter. Wash, peel, and dry the mushrooms, cook them in the butter until tender, put them in a fireproof dish. Break the eggs on the mushrooms, sprinkle with salt, pepper, and a few bread crumbs, bake in the oven till the eggs are

set. Cut the rashers in half, roll them, place on a skewer and cook. Garnish the dish with these and sprinkle with chopped parsley, and serve.

272.—Eggs in Patties.

½ lb. lean ham, tongue, or spiced beef.
4 eggs.
lemon juice.
¼ pt. brown sauce.
salt and pepper.
butter.
cayenne.

Cut a large slice of stale bread 2 inches thick. Cut into 4 squares, scrape out a hollow in the centre of each, fry in deep fat a golden brown, and drain well. Mince the meat very finely, add a little butter. Put in a stewpan with the brown sauce, lemon juice, and seasoning. Fill the cases with this mixture and put a poached egg on the top of each.

273.—Eggs à la Norfolk.

4 eggs.
egg and bread crumbs.
salt and pepper.
piquante sauce (No. 476).

Hard boil the eggs. When cold take off the shells, dip them in seasoned flour, then coat well with egg and bread crumbs. Fry a good golden brown in hot fat. Serve with piquante sauce.

274.—Omelet à la Normande.

3 eggs.
½ oz. butter.
1 gill anchovy sauce.
1 gill picked shrimps.
cayenne.
1 teaspoonful lemon juice.

Heat the anchovy sauce, season with cayenne and lemon juice, put in the shrimps, and keep hot. Melt the butter in an omelet pan, beat the eggs thoroughly, pour in the pan when the butter is hot. Stir till it begins to set. When cooked enough on one side put the pan in a hot oven to

set the other side. Put the shrimp mixture on one side, fold over, and place on a hot dish. Serve immediately.

275.—Swiss Eggs.

3 eggs.	1 oz. Parmesan cheese.
3 tablespoonfuls cream.	salt, cayenne.
1½ oz. butter.	buttered toast.

Put the butter in a small saucepan, add the cream. Beat the eggs and add, with the cheese, salt and cayenne. Stir with a wooden spoon till the mixture thickens. Place neatly on squares of buttered toast, garnish with chopped parsley and coralline pepper. Serve very hot.

276.—Devilled Eggs.

3 or 4 eggs.	1 teaspoonful chutney.
1 oz. butter.	salt.
2 teaspoonfuls milk.	cayenne.
1½ teaspoonfuls made mustard.	cooked ham or tongue.
	1 egg.

Fry the eggs in a well-greased frying-pan until the whites are firm, put them in a fireproof dish. Make a sauce with butter, milk, mustard, chutney, season with salt and cayenne, add well-beaten egg. Cook till it thickens, then add 2 teaspoonfuls chopped bacon, ham or tongue, stir for a minute or two. Pour over fried eggs and brown in hot oven or in front of fire.

277.—Curried Eggs with Shrimps.

4 hard-boiled eggs.	1 teaspoonful curry powder
1 oz. picked shrimps.	lemon juice.
1 tablespoonful cream.	croûtons.
1 teaspoonful Lemco.	watercress.

Cut the eggs in halves, take out the yolk. Chop the shrimps, put them in a stewpan with cream, Lemco, curry powder, little lemon juice, and yolks

of eggs rubbed through a sieve. Fill the white with this mixture. Serve very hot on round croûtons of fried bread, and garnish with watercress.

278.—Curried Poached Eggs.

4 or 5 poached eggs.
2 small onions.
2 ozs. butter.
1 tablespoonful curry powder.
1 dessertspoonful flour.
½ pt. water.
1 teaspoonful Lemco.
salt and lemon juice.

Peel and slice the onions, fry them a golden brown in the butter. Cook well for a few minutes, then stir in the water in which the Lemco has been dissolved. Simmer for 15 minutes, strain the sauce through a sieve and make it very hot. Have ready the poached eggs well set, arrange them on a bed of boiled rice. Pour the curry sauce over, and serve very hot.

279.—Savoury Eggs with Shrimps.

4 hard-boiled eggs.
1 oz. shrimps.
½ gill cream.
anchovy essence.
pepper.
croûtons.

Cut the hard-boiled eggs in halves and remove the yolk. Chop the shrimps, put them in a saucepan with cream, anchovy essence, and pepper. Rub the yolks through a sieve, add the shrimps. Refill the whites with the mixture and serve very hot on fried croûtons. Garnish with watercress.

280.—Eggs and Potatoes à la Parisienne.

6 oz. raw potatoes.
1 dessertspoonful chopped onion.
½ pt. milk.
1½ ozs. butter.
4 to 6 eggs.
salt and pepper.

Well butter a deep fireproof dish. Cut the potatoes in slices, add chopped onion. Pour over

milk and 1 oz. butter, bake in the oven till the potatoes are soft. Take off the brown skin formed on the top, season with salt and pepper. Break in as many eggs as required, being careful not to break the yolks. Put a small piece of butter on the top of each egg, and put back in the oven for the eggs to set.

281.—Petits Caisses à la St. Clair.

¼ lb. fine flour.
½ tablespoonful salad oil.
2 eggs.
about 1 gill cold water.
salt and pepper.

Make a frying batter with above ingredients, allow it to stand. Dip the moulds in it and fry in deep fat. Shake the cases back into the fat till required, then fill with any delicate ragoût.

282.—Petits Caisses a l'Anchois.

Prepare the cases as above. Flavour the batter strongly with anchovy essence, and fill with oyster or lobster ragoût, or a purée of crab or salsify.

283.—Petits Caisses au Fromage.

Make cases as in preceding recipes. Flavour the batter with Parmesan cheese, and fill them with a delicate cream de fromage, or with egg sauce or tarragon eggs.

284.—Tongue Squares.

2 ozs. minced tongue.
1 oz. grated cheese.
salt and cayenne.
croûtons.

Cut some square pieces of bread and fry them a golden brown. Sprinkle well with grated cheese, heap up the minced tongue. Arrange them in a fireproof dish. Put them in the oven to get hot and serve.

285.—Sardine Croûtes.

1 doz. sardines.
1 teaspoonful anchovy essence.
1 teaspoonful Harvey sauce.
pinch of cayenne.
salt and pepper.
2 tablespoonfuls whipped cream.

Skin and bone the sardines, pound them in a mortar with anchovy and Harvey sauce, add cayenne, pinch of salt, and black pepper. Pass through a wire sieve and add cream. Place a little of the mixture on small croûtes, put in a hot oven for about 5 minutes and serve on a fancy paper.

286.—Sardines à la Suisse.

8 sardines.
thin brown bread and butter.
frying batter (No. 583).
watercress.

Remove the bones and wipe the skin off the sardines. Cut the bread and butter into fingers a little larger than the sardine. Lay a sardine between two slices, press together, dip in frying batter. Fry a golden brown in hot fat. Drain and dish on a fancy paper, and serve very hot.

287.—Sardine Cigarettes.

3 or 4 sardines.
short pastry.
egg and bread crumbs.
cayenne.

Remove skin and bones from sardines, cut them in half lengthways. Roll out the short paste *very thinly*, cut into small squares. Lay half a sardine on each, fold over, dip in egg, and then bread crumbs; fry about 8 minutes in hot fat. Dish on a fancy paper. Garnish with watercress, and serve very hot.

288.—Herring Roes à la Madras.

3 or 4 herring roes.
slices of bacon.
1 oz. capers.
1 tablespoonful chutney.
cayenne.
buttered toast.

Cut the roes in small pieces, season with cayenne. Put some on small, thin slices of bacon with a few capers and a little chutney, roll up and bake in a moderate oven till cooked. Place each roll on a small round of buttered toast, sprinkle with chopped parsley, and serve very hot.

289.—Shrimp Patties.

1 pt. shrimps.
little milk.
1 dessertspoonful flour.
½ oz. butter.
anchovy essence.
salt and pepper
pastry.

Make some good pastry and line some patty pans with it and bake them. Pick the shrimps, boil the heads and tails in a little milk until it is flavoured. Make a white sauce with it and the butter and flour. Season the sauce and add a little anchovy essence, stir in the shrimps. Fill the patty cases, and serve very hot.

290.—Angels' Wings.

slices of bacon.
oysters.
½ oz. suet.
bread crumbs.
1 egg.
cream.
mace.
salt and cayenne.

Cut the slices of bacon very thin, add a little suet finely chopped, bread crumbs, cream, pinch of mace, salt and cayenne to the oysters, using only enough to keep the oysters together. Roll up, coat with egg and bread crumbs. Fry a golden brown in deep fat, drain well. Dish on fancy paper.

291.—Canapés à la Duchesse.

1 haddock.
1 oz. butter.
little milk.
brown crumbs.
salt and pepper.
cayenne.
Parmesan cheese.
cream.

Boil or steam haddock. Rub the flesh through a wire sieve, adding a little milk if necessary. Add a little cream to the purée in a stewpan, also butter, salt and cayenne. When hot pile in pyramids on small rounds of fried bread, make them smooth with a knife. Sprinkle over the cheese and a few brown crumbs, and serve very hot.

292.—Canapés of Devilled Shrimps.

¼ pt. picked shrimps.
½ oz. butter.
slices of stale bread.
cayenne.
salt and pepper.

Cut neat ovals of bread, one for each person, fry a nice golden brown. Melt the butter in a stewpan and put in the shrimps, season very well with salt and pepper and cayenne. Stir till the shrimps absorb the butter. Brush over the croûtes with glaze, pile the devilled shrimps on them, and serve as hot as possible.

293.—Bloater Croûtes.

2 bloaters.
yolk of 1 egg.
½ oz. butter.
Parmesan cheese.
Worcester sauce.
cayenne

Bone and pound the bloaters in a mortar with butter, little cayenne, Worcester sauce, rub through a sieve, spread on croûtons of fried bread. Put a little soft roe on the top, and sprinkle with Parmesan cheese. Put in the oven a few minutes, and serve very hot.

294.—Anchovies in Batter.

1 doz. anchovies.
frying batter.
cayenne.
watercress.

Scrape the anchovies very clean, soak them several hours, dry in a cloth. Take out the backbone without dividing them, season with cayenne. Dip in frying batter, and fry a golden brown in deep fat. Garnish with watercress.

295.—Savoury Canapés.

3 eggs.
1 teaspoonful curry powder.
½ pt. boiling milk.
minced ham or tongue.
salt and pepper.
bread.

Whip the eggs to a stiff froth, add curry powder, salt and pepper. Pour over them boiling milk, and stir over heat until the sauce is quite smooth and thick, but do not allow it to boil. Sprinkle some rounds of fried bread with chopped ham or tongue, well seasoned. Pour over some sauce, place them in a moderate oven 2 or 3 minutes. Sprinkle with chopped parsley and coralline pepper, and serve hot.

296.—India Sandwiches.

cold fowl or pheasant.
4 ozs. ham or tongue.
4 anchovies.
2 tablespoonfuls stock.
1 desertspoonful curry paste.
½ teaspoonful chutney.
juice of ½ lemon.
4 ozs. grated Parmesan cheese.
butter.
salt and pepper.
bread.

Cut the breast of a roast fowl or pheasant in very small squares. Chop the tongue or ham, mix with the chicken and the filleted anchovies, put it in a stewpan with stock, curry paste, chutney, lemon juice, salt and pepper. Cook together for

a few minutes. Cut some thin slices of bread, stamp out some rounds with a cutter, and fry them a golden brown, drain. On half of them spread a thick layer of the above mixture, cover with another croûton. Mix the cheese to a paste with butter, divide into as many rolls as there are sandwiches, put one on the top of each. Put them in the oven and serve when very hot on a lace paper. Garnish with watercress.

297.—Spanish Macaroni.

4 ozs. macaroni.
2 ozs. ham
1 gill tomato sauce (No. 478)
2 ozs. grated cheese.
salt and cayenne.
Madeira sauce (No. 475).

Cook the macaroni in fast boiling salted water, drain. Put it in a stewpan with tomato sauce and Madeira sauce, ham cut in small strips, and 1 oz. grated cheese. Cook all together for a few minutes, season well with salt and cayenne. Put it in a fireproof dish with the rest of the grated cheese on the top, serve hot.

298.—Macaroni à l'Italienne.

4 ozs. macaroni.
2 ozs. butter.
tomato sauce.
grated cheese.
salt and pepper.

Break the macaroni into 2 inch lengths, put into boiling salted water with little butter and pepper. When tender, drain and dry on a cloth. Put 2 large tablespoonfuls of tomato sauce in a stewpan and boil it, add butter, seasoning. Put a layer of macaroni in a fireproof dish, pour a little sauce over, then some grated cheese. Repeat this, having cheese on the top. Bake 5 minutes in a hot oven and serve.

299.—Macaroni and Tomatoes.

½ lb. Naples macaroni.
½ oz. butter.
½ oz. flour.
3 tablespoonfuls tomato sauce.
salt and pepper.

Boil the macaroni till tender in fast boiling water with salt, drain it. Make a white sauce with butter and flour and ½ pint water in which macaroni was boiled. Allow it to boil, season well, stir in macaroni and tomato sauce. Serve very hot.

300.—Tomato and Sausage.

2 or 3 sausages.
2 or 3 tomatoes.
egg and bread crumbs.
toast.

Boil the sausages for 10 minutes, skin them. Roll in egg and bread crumbs, fry in deep fat a golden brown. Cut some slices of toast into rounds, cut tomatoes in thick slices, fry them slightly. Put a slice on the toast and a piece of sausage on top. Serve very hot.

301.—Tomato Ramaquins.

2 or 3 tomatoes.
1 oz. butter.
½ oz. flour.
1 gill milk.
2 eggs.
salt and pepper.

Prepare as for cheese ramaquins. Melt butter, cook flour in it and stir in milk gradually, and boil, flavour with salt and pepper. When cool, add yolks of eggs, the tomatoes previously cooked in butter, the whipped whites. Rub all through a sieve, add a little carmine colouring if necessary. Bake in the ramaquin cases, and serve hot.

302.—Macaroni au Parmesan.

4 ozs. macaroni.
1 gill white sauce.
2 ozs. grated cheese.
salt and pepper.
tomato sauce.

Boil the macaroni in salted water until tender. Make a white sauce, add the grated cheese, season

well. Put the macaroni in a fireproof dish, pour the white sauce over. Make a tomato sauce, season it, and pour over the whole. Bake in a hot oven for 10 minutes and serve with grated cheese handed round.

303.—Tomato and Potato Savoury.

½ lb. cold potatoes.
½ lb. tomatoes.
3 ozs. butter.
parsley.
pepper and salt.
croûtons.

Cut the cold potatoes in slices and remove the skins from the tomatoes. Melt the butter in a stewpan, put in alternate layers of potatoes and tomatoes, sprinkle with pepper, salt, and chopped parsley. Cook gently for 10 minutes, stirring occasionally. When quite hot place neatly on a dish, pour the juice round, and garnish with croûtons of toast or fried bread.

304.—Olives à la Saint-Augustine.

6 or 8 olives.
foie gras.
aspic jelly(No. 584).
salad.

Trim the olives carefully, fill with foie gras. Rinse out some small dariole moulds with water, pour in some liquid aspic, set a fancy shape of truffle as a decoration. Put in the stuffed olive and fill the mould with aspic. Set aside to get firm. Dish up in a circle and garnish with small salad, and serve.

305.—Foie Gras Fritters.

foie gras.
puff pastry.
egg and bread crumbs.
watercress.

Make some puff pastry, roll out *very thinly*, cut into small rounds with a pastry cutter. Place a small piece of foie gras on each, egg the edges, fold over. Coat with egg and bread crumbs, fry a

golden brown in hot fat, drain, and serve on a lace paper garnished with watercress.

306.—Savoury Fingers.

¼ lb. Vienna flour.
2 ozs. butter.
½ pt. water.
2 eggs
1 yolk.

For the Mixture.

4 ozs. cold chicken, (turkey or game).
2 ozs. ham.
1 oz. flour.
1 oz. butter.
½ pt. milk.
little shallot.
chopped parsley.
salt and pepper.

Put the water and butter in a saucepan and let it boil, put in the flour well sifted. Stir till smooth, and cook till it leaves the sides of the pan clean. Let it cool, and beat in the eggs and yolk one at a time very thoroughly. Take a little of the mixture and roll it lightly on a floured board into finger-shaped rolls about 3 inches long. It can be forced on to a tin with a forcing bag and plain tube. Bake until they are very light and hollow. When nearly cooked brush the tops with yolk of egg. After baking split open one side and fill the cases with the mixture. Serve on a lace paper or d'oyley. For the mixture, make a sauce with butter, flour, and milk, stir till it boils, add all the other ingredients, and season well.

307.—Lentil Croquettes.

1 pt. lentils.
1 egg.
1 shallot.
1 oz. butter.
pinch of mixed herbs.
1 tablespoonful chopped parsley.
egg and bread crumbs.
salt and pepper.

Soak the lentils for 6 hours or all night. Boil till quite tender in water or weak stock. Drain

them and rub through a sieve. Melt the butter in a stewpan, chop the shallot, and fry it lightly. Add the lentil purée, herbs, parsley, and seasoning, bind with an egg, put aside to cool. Form into croquettes, when firm coat with egg and bread crumbs and fry a nice golden brown in hot fat. Dish in a pyramid on a fancy paper, garnish with parsley or watercress. A brown sauce may be served with them if liked.

308.—Rice à la Florentine.

4 ozs. rice.
1 gill curry sauce (No. 489).
chopped parsley.
2 ozs. Parmesan cheese.
1 doz. prawns or ½ pt. shrimps.
½ lemon.

Cook the rice as for curry, dry it. Put it in a stewpan with curry sauce, and mix well, season with lemon juice. Add 1 oz. grated Parmesan, and prawns or shrimps. Make quite hot, put the rice in a fireproof dish, sprinkle over the rest of the cheese. Return to the oven for a few minutes. Sprinkle with chopped parsley and garnish with small pieces of lemon, and serve.

309.—Rice à la Polonaise.

4 ozs. rice.
2 onions.
2 ozs. grated cheese.
2 ozs. ham.
salt and cayenne.
1 oz. butter.

Boil the rice in fast boiling salted water, drain. Put in a saucepan with butter. Cut the onions in thin rings and fry a nice brown. Add them to the rice with grated cheese and 1 oz. chopped ham, mix well and season with salt and cayenne. Pile high in the centre of a dish, sprinkle over the rest of the chopped ham, and serve very hot.

310.—Rice à la Monte Carlo.

6 ozs. rice.
2 ozs. butter.
1 gill prawns or shrimps.
1 shallot.
½ oz. curry powder.
2 ozs. Parmesan cheese.
stock.
salt and pepper.

Chop the shallot, melt 1 oz. butter in a stewpan, fry the onion, add the rice. Cook a minute or so, then add 1 quart white stock or water, cook slowly until the rice is tender. Melt the other 1 oz. butter in a stewpan, add the curry powder and cook for 5 minutes, stirring to prevent it burning. Add cooked rice, shrimps or prawns, grated cheese. Season well with salt and cayenne, make hot, and serve.

311.—Italian Risotto.

8 ozs. rice.
2 ozs. butter.
1 shallot.
1 pt. stock.
½ pt. tomato sauce.
2 ozs. Parmesan cheese.
nutmeg.
salt and cayenne.

Chop the shallot finely and cook in the butter, add the rice, and fry lightly. Add the stock by degrees as the rice swells. Cook until the rice is tender and has absorbed all the stock. Add the tomato sauce and a grate of nutmeg, season with salt and cayenne. Add the grated cheese, and serve very hot.

312.—Omelet à la Paysanne.

3 eggs.
¾ oz. fresh butter.
1 oz. bacon.
1 tablespoonful dice of potato.
½ teaspoonful chopped parsley.
½ teaspoonful chervil.
½ teaspoonful chives.
salt and pepper.

Cut the bacon in small dice, cut a cold potato into dice the same size. Melt the butter in an omelet pan, put in the bacon and fry till cooked, add the potato. Cook a little, then pour in the well-beaten eggs with chopped parsley, chervil,

chives, and salt and pepper added. Stir in lightly until beginning to set, roll into an oval shape one side of the pan. Turn it over to brown the other side, or place the omelet pan in a hot oven for a minute or so. Turn out on to a hot dish, and serve immediately. Tomato sauce can be poured round the omelet if liked.

313.—Cheese Omelet.

3 eggs.
¾ oz. butter.
garlic or shallot.
1 oz. Gruyere cheese.
salt and cayenne.

Melt the butter in an omelet pan. When hot fry the garlic or shallot very finely chopped without allowing it to brown. Beat the eggs thoroughly, add cheese, salt and cayenne, pour them into the pan. Stir lightly until it begins to set, fold over towards one side of the pan. Brown on both sides, and serve on a hot dish immediately.

314.—Savoury Semolina.

2 ozs. semolina.
½ pt. milk.
2 ozs. grated cheese.
salt and cayenne.
little mustard.
egg and bread crumbs.

Cook the semolina in the milk until quite thick and transparent, add cheese, mustard, salt and cayenne. Turn on a wet plate to cool. When firm divide into equal portions, form in small squares or balls. Coat in egg and bread crumbs, fry a golden brown in hot fat. Drain and dish on a lace paper garnished with fried parsley.

315.—Timbale à la Diable.

6 ozs. rice.
3 ozs. grated Parmesan cheese.
4 oz. ham.
2 ozs. Gruyere cheese.
butter.
salt and cayenne.
brown sauce (No. 473).

Boil the rice till tender in fast boiling salted water, season well with salt and cayenne, add a

little butter and grated Parmesan cheese. Cut the ham in slices and the Gruyére cheese in thin slices. Well butter a mould, sprinkle in a little chopped parsley. Fill the mould with layers of rice alternately with slices of ham and Gruyére. Bake, turn out, and serve hot with brown sauce.

316.—Cheese Tartlets.

6 ozs. cheese.
2 ozs. butter.
yolks of 2 eggs.
salt and cayenne.
pastry.

Line some patty pans with good short or rough puff pastry. Mix the butter and cheese together with the yolks. Season well and pour into the patty pans, and bake in a quick oven.

317.—Cheese Aigrettes.

¼ pt. water.
1 oz. butter.
3 ozs. Parmesan cheese.
2 eggs and 1 yolk.
cayenne.
salt.

Put the water and butter in a saucepan to boil When quite boiling stir in the flour well sifted, stir till it leaves the sides of the pan quite clean Remove from the fire and allow it to cool, then add the eggs and beat thoroughly, season well, add grated cheese. Put aside to cool. Drop teaspoonfuls of the mixture into hot fat, and fry a good brown, drain well on paper. Serve very hot on a lace paper sprinkled with grated cheese.

318.—Stewed Cheese.

2 ozs. cheese.
1 teaspoonful cream.
1 egg.
1 oz. butter.
salt and pepper.
cayenne.

Grate the cheese, melt the butter in a small stewpan. Add cream, well-beaten egg, cheese. Season well, and serve very hot on toast.

319.—Cheese Custards.

4 eggs.
½ pt. milk.
2 ozs. grated Parmesan cheese.
½ teaspoonful mustard.
salt and cayenne.
tomato sauce

Beat the yolks of 4 eggs and the whites of 2 in a basin, add the milk, cheese, made mustard, salt and cayenne. Pour the mixture into well buttered dariole moulds. Bake in a slow oven in a tin of water until quite firm. Turn out on to a hot dish, pour tomato sauce round, and serve hot.

320.—Potato Coquilles.

¾ lb. mashed potato.
butter.
½ gill cream.
grated cheese.
salt and cayenne.

Mash the potatoes with a little butter, add cream and a tablespoonful of grated cheese, season well with salt and cayenne. Well butter some scallop shells, put in the potato mixture, shaped up in a pyramid. Sprinkle over more grated cheese and a little butter. Brown in a hot oven or under a gas griller, and serve hot.

321.—Bread Curry.

2 slices of bread.
1 onion.
1 apple.
1 oz. curry powder.
1 oz. butter.
½ oz. brown sugar.
1 teaspoonful Lemco.
1 tablespoonful vinegar.
little milk or stock.

Cut the slices of bread quite thick and fry them in fat, cut them into small squares. Chop the apple and onion and fry in butter, add curry powder. Cook 5 minutes, add Lemco, vinegar, sugar, and little stock or milk, let it come to the boil and simmer for half an hour. A few sardines, scraps of meat or game, may be added if liked.

322.—Ham Creams.

1 lb. cooked ham.
aspic jelly.
truffles.
½ oz. gelatine.
½ pt. cream.
salt and cayenne.
salad.

Line some dariole moulds with aspic jelly. Put a fancy shape of truffle at the bottom and set it. Mince the ham finely, rub it through a wire sieve, add the cream, half whipped, and a little aspic jelly, and the dissolved gelatine, season well. Pour the mixture into the moulds, set aside till firm. Dish on a bed of salad garnished with chopped aspic.

CHAPTER VII.

SWEET DISHES
(323 to 410).

323.—Sultana Pudding.

weight of 2 eggs in butter.
sugar.
flour.
4 ozs. sultanas.
½ teaspoonful baking powder.
grated lemon rind.
wine sauce.

Cream the butter and sugar well together, add the eggs and sifted flour alternately, beating all the time. Clean and pick sultanas, add with grated lemon rind and baking powder, and a little milk, if required. Steam for 1½ hours covered with buttered paper. Serve with wine sauce.

324.—Cocoanut Pudding.

2 ozs. flour.
2 ozs. desiccated cocoanut.
4 ozs. bread crumbs.
1½ ozs. sugar.
¼ lb. suet.
2 egg.
little milk
custard.

Mix flour, cocoanut, bread crumbs, chopped suet, and 1 oz. sugar well together, add eggs well beaten with a little milk. Pour into a well-buttered mould and boil for 2½ hours. Turn out, sprinkle with rest of sugar, and pour custard round, and serve hot.

325.—Victoria Pudding.

weight of 2 eggs in butter.
sugar.
flour.
3 tablespoonfuls marmalade or jam.
pinch bi-carbonate of soda.
marmalade or jam sauce.

Beat the butter and sugar to a cream, add the eggs and flour alternately, beating well all the time. Add soda, and stir in marmalade or jam. Pour mixture into a greased mould, cover with a buttered paper, and steam for 2 hours. Serve with marmalade or jam sauce.

326.—Petersfield Pudding.

1 egg.
1 teacupful cream.
1 teacupful milk.
1 teacupful melted butter.
¾ lb. flour.
flavouring.

Mix all the ingredients together very smoothly. Well butter a mould, pour in the mixture, and boil for 1½ hours. Any flavouring may be added, and a wine sauce served with it.

327.—Orange Roll.

¾ lb. flour.
6 ozs. suet.
pinch of salt.
water to mix.
marmalade.
2 oranges.
brown sugar.
bread crumbs.
lemon juice.

Make a suet crust with flour and suet, mix lightly, roll out rather thin. Spread over a layer of marmalade, then 2 oranges thinly sliced, some Demerara sugar, bread crumbs, and sprinkle over some lemon juice. Roll up in a floured cloth, tie securely, and boil for 2½ hours. Serve with marmalade sauce (see No. 503).

328.—Pound Pudding.

weight of 3 eggs in butter.
sugar.
flour.
grated rind of ½ lemon.
½ glass sherry.
wine sauce.

Beat the sugar and butter to a cream, add the flour and eggs alternately. Beat well all the time, and fill a well-greased mould. Boil 1½ hours. Serve with wine sauce.

329.—Chocolate Pudding.

5 ozs. bread crumbs.
1 oz. ground almonds.
¼ lb. chocolate.
¾ pt. milk and cream mixed.
3 ozs. sugar.
3 eggs.
vanilla.
chocolate sauce.

Mix the chocolate to a smooth paste with a little milk. Boil rest of milk and pour over chocolate, add sugar, stir till it boils. Pour over the bread crumbs in a basin, leave to cool. Add the beaten yolks of eggs and the flavourings, lastly whites stiffly beaten. Pour into a buttered mould, cover with paper, steam for 1½ hours. Serve with chocolate sauce.

330.—Savoy Pudding.

small sponge cake.
½ gill brandy.
½ pt. custard.
1 oz. sugar.
2 ozs. glacé cherries.
apricot sauce (No. 500).

Soak the sponge cake cut in dice in brandy. Make a custard with ½ pint of milk and eggs. Well butter a pudding mould, decorate with glacé cherries. Put in the sponge cake and chopped cherries. Pour over the custard, sweetened to taste. Steam for 1 hour, covered with buttered paper. Turn out and serve with apricot sauce, with a little brandy added, and coloured with carmine.

331.—Portland Pudding.

½ lb. bread crumbs (brown).
6 ozs. suet.
6 ozs. chopped apples.
2 ozs. brown sugar.
2 ozs. preserved ginger.
2 ozs. cherries.
2 eggs.
grated lemon rind.

Chop the suet and apples, add to the brown bread crumbs, with chopped ginger, cherries, grated lemon rind. Mix with well-beaten eggs and little milk if required. Decorate a mould with cherries, put in the mixture, boil for 2 hours. Turn out and serve with brandy sauce.

332.—Spanish Pudding.

sponge cake.
¾ pt. milk.
3 eggs.
sugar.
French plums.
vanilla essence.
brandy sauce (No. 505).

Well grease a pudding mould. Break up the sponge cakes, and half fill the mould, which should be lined with French plums cut in half, and stones removed. Make a custard with eggs and milk. Flavour with vanilla and sweeten to taste. Pour over the sponge cake. Cover with buttered paper, and steam for 1½ hours. Serve with brandy sauce.

333.—Marie Louise Puddings.

weight of 2 eggs in butter.
sugar.
flour.
chopped pineapple.
maraschino.
pistachio nuts.
pineapple syrup.

Cream the butter and sugar well together. Add eggs and flour alternately, and beat well; beat in a little finely chopped pineapple. Butter some small fancy cake tins, bake in a moderate oven lightly. Turn out, dish in a circle on a hot dish. Coat with a syrup made with pineapple juice boiled with loaf sugar and flavoured with maraschino and shreds of pineapple.

334.—Chestnut Pudding.

50 chestnuts.
½ pt. cream.
¼ lb. butter.
6 ozs. sugar.
pinch of salt.
8 eggs.
sweet sauce.

Bake or boil the chestnuts, skin them, and rub through a sieve. Put them in a stewpan with ½ pt. cream, ¼ lb. butter, and the sugar and salt. Stir these ingredients over the fire until the mixture thickens. Stir it well to prevent it sticking to the bottom of the pan. When it leaves the sides of the pan, remove it from the fire, beat in the yolks of eggs, and stir in the whites whipped stiffly. Pour mixture into a buttered mould. Cover with buttered paper, and steam 1½ hours. Turn out carefully and serve with German sauce, or ice it and turn out when cold.

335.—Queen Madge Pudding.

weight of 2 eggs in butter.
sugar.
flour.
raisins.
cherries.
flavouring.
German sauce.

Beat the butter and sugar to a cream, add eggs and flour alternately, beating well all the time. Well grease a mould, decorate with raisins and cherries. Flavour the mixture. Fill the mould two-thirds full, cover with greased paper, and steam for 1 hour. Serve with German sauce.

336.—Treacle Pudding.

6 ozs. flour.
6 ozs. suet.
6 ozs. treacle.
1 egg.
little milk.
1 teaspoonful baking powder.

Mix all well together, pour into a buttered mould

and boil for 3 hours, and serve with following sauce.

2 tablespoonfuls treacle
1 tablespoonful water.
lemon juice

Boil well together. Pour very hot over pudding.

337.—Christmas Pudding.

½ lb. flour.
1 lb. suet.
½ lb. bread crumbs.
1 lb. raisins.
1 lb. sultanas.
1 tablespoonful brandy.
grated nutmeg.
mixed spice.
¾ lb. sugar.
¼ lb. candied peel.
4 eggs.
½ pt. milk.
1 tablespoonful water.
1 dessertspoonful Indian soy.
pinch of salt.

Prepare all ingredients carefully. Mix together and boil 8 hours.

338.—Lemon Soufflé.

3 eggs.
2 ozs. sugar.
grated rind of 2 lemons.
¾ pt. cream.
½ oz. gelatine.
1 gill lemon juice.
Pistachio nuts.

Separate the yolks from the whites of eggs. Put the yolks of the eggs in a basin with the sugar, and stand it over a saucepan with boiling water. Beat until the eggs are frothy and cooked. Add the lemon juice and grated rind. Whip ½ pint cream and stir lightly into the mixture, also dissolved gelatine, and lastly whipped whites of eggs. Prepare a china soufflé mould by tying a stiff band of paper round the inside, 2 inches above the top. Pour in the mixture, and put it on ice to set. When firm take away the paper, whip the remaining gill of cream, and pipe the top of the soufflé, and sprinkle with pistachio nuts.

339.—Princess Puddings.

weight of 1 egg in butter.
sugar.
flour.
1 oz. lemon peel.
jam sauce.

Beat the butter and sugar to a cream. Add the flour and egg. Beat well. Grease several cups or dariole moulds. Bake in a moderate oven 20 minutes. Turn out on hot dish, pour jam sauce round.

340.—Peep Bo's.

3 ozs. flour.
3 ozs. ground rice.
2 ozs. butter.
2 yolks of eggs.
1 tablespoonful baking powder.
jam.

Rub butter into flour and ground rice and sugar. Mix with yolks, well beaten. Add baking powder, form into balls, roll out, and put on each a little jam. Roll into balls again, brush them over with egg. Roll in sugar, bake in a moderate oven 15 minutes.

341.—Castle Puddings.

weight of 2 eggs in butter.
sugar.
flour.
grated lemon rind.
jam sauce.

Cream the butter and sugar, add eggs and flour alternately. Beat well, add lemon rind. Half fill some well-buttered dariole tins. Bake in moderate oven 20 minutes. Dish up and pour jam sauce round.

342.—Lena Pudding.

¾ lb. flour.
6 ozs. dripping (beef).
6 ozs. sugar.
6 ozs. sultanas.
1 egg.
2 teaspoonfuls baking powder.
little milk.
pinch of salt.

Mix all the ingredients together. Pour into a well-greased Yorkshire pudding tin, and bake slowly in a moderate oven.

343.—Orange Pudding.

4 ozs. bread crumbs.
4 ozs. castor sugar.
1 pt. milk.
4 oranges.
3 eggs.

Boil the milk and pour when boiling on bread crumbs. Add sugar, grated peel, and juice of oranges and yolks of eggs well beaten. Bake till set in a moderate oven. Whip the whites to a stiff froth with some castor sugar. Pile on the top and bake till a pale brown, and serve.

344.—Cocoanut Cheesecakes.

¼ lb. grated cocoanut.
3 eggs.
1 oz. castor sugar.
2 teaspoonfuls rose water.
puff pastry.

Add the yolks of eggs, well-beaten, to the cocoanut. Beat the whites stiffly, and stir in with rose water. Line some patty pans with puff pastry, put in some cocoanut mixture, sprinkle with sugar, and bake at once.

345.—Nassau Pudding.

4 eggs.
2 ozs. castor sugar.
2 ozs butter.
1 tablespoonful milk.
1 dessertspoonful water.
puff pastry.
marmalade.

Line a pie-dish with puff or any other good pastry. Decorate the edge, and spread the bottom with orange marmalade. Beat the eggs and sugar together until quite light, put it into a stewpan with butter, milk, and water. Stir over a slow heat until it begins to thicken. Pour it into the prepared pie-dish and bake for 20 minutes in a quick oven.

346.—Maids of Honour.

½ pt. milk.
2 tablespoonfuls bread crumbs.
lemon peel.
1 oz. loaf sugar.
3 eggs.
puff pastry.

Boil the bread crumbs in the milk gently for 30 minutes, with some strips of lemon peel and loaf sugar. Allow it to cool, and add the eggs, well beaten. Stir over the fire until the mixture thickens, pass through a sieve. Line some patty pans with puff or any other good pastry, half fill with mixture, and bake until the pastry is cooked.

347.—Baked Bananas.

4 or 5 bananas.
brown sugar.
4 tablespoonfuls of water.
little sherry.

Peel the bananas, lay them lengthwise in a fireproof dish, sprinkle with brown sugar. Pour over a little sherry and about 3 tablespoonfuls of water. Serve in the dish with cream.

348.—Lemon Filling for Tartlets.

1 lemon.
1 cup of boiling water.
½ cupful sugar.
yolk of 1 egg.
½ oz. cornflour.

Grate the lemon rind, add juice, pulp and sugar. Mix the cornflour with a little cold water. Mix all the ingredients together in a saucepan and cook until the cornflour thickens, put into tartlets hot. Whip white of egg, and put a little on each tartlet.

349.—Prince of Wales Pudding.

2 ozs. bread crumbs.
2 tablespoonfuls sugar.
jam.
2 eggs.
2 lemons.

Mix the bread crumbs, sugar, grated lemon rind and juice, and yolks of eggs together; put them in a buttered pie-dish and bake in the oven. Put

some jam on the top and make a meringue with the stiffly whipped whites. Set in the oven, and serve.

350.—Chocolate Tartlets.

1 oz. butter.
1½ ozs. castor sugar.
2 ozs. grated chocolate.
1 egg.
vanilla.
pastry.

Beat the butter to a cream, add the sugar and chocolate. Add the egg, well-beaten, and flavour with vanilla. Line some patty pans with pastry, half fill them with chocolate mixture, sift sugar over it, and bake in a moderate oven for 10 minutes.

351.—Chocolate Meringue.

3 tablespoonfuls cornflour.
3 ozs. grated chocolate.
2 ozs. sugar.
2 eggs.
¾ pt. milk.
½ teaspoonful vanilla.

Mix the cornflour, sugar, and grated chocolate together with milk and yolks of eggs, flavour with vanilla. Bake in a buttered dish. When cooked pile the stiffly beaten whites on the top, and brown slightly in the oven.

352.—Chocolate Sandwiches.

4 ozs. butter.
4 ozs. castor sugar.
2 ozs. fine flour.
few pistachio nuts.
3 eggs.
4 ozs. grated chocolate.
vanilla essence.
cream.

Cream the butter and sugar, add the yolks of eggs and the whites stiffly beaten. Stir in gradually 2 ozs. fine flour and the grated chocolate, flavour with vanilla essence. Pour mixture into a flat baking tin lined with buttered paper. Bake in moderate oven about 15 to 20 minutes. When cold cut into fancy rounds with a cutter. Whip a gill of cream, flavour with vanilla, put a pile of

cream on each round. Sprinkle with grated chocolate and chopped pistachio nuts.

353.—Vanilla Puffs.

2 ozs. butter.
2 ozs. flour.
3 ozs. castor sugar.
2 eggs.
vanilla essence.

Cream the butter and sugar together, sift in the flour and add the eggs well beaten. Flavour with half a teaspoonful of essence of vanilla. Beat well 10 minutes. Bake in buttered tins, they will puff up when in the oven. Serve with castor sugar sprinkled over.

354.—Almond Pudding.

6 ozs. almonds.
3 ozs. butter.
¼ lb. sugar.
1 teaspoonful grated lemon peel.
2 tablespoonfuls cream.
6 eggs.
little brandy.
puff pastry.

Pound the almonds in a mortar with butter, sugar, and lemon peel. Mix to the paste cream and beaten yolks of eggs and brandy. Line a pie-dish with puff pastry, pour in the mixture, and bake half an hour. When set spread a meringue on the top made with whites stiffly beaten with a little sugar, and put back in the oven to crisp.

355.—Chestnut Pudding, No. 2.

2 lbs. chestnuts.
2 ozs. butter.
2 ozs. castor sugar.
½ pt. milk.
vanilla.
3 eggs.

Boil chestnuts for 2 hours or more till soft, remove the skin, and press through a sieve. Mix with butter, sugar, and yolks of the eggs, milk and flavouring. Bake three-quarters of an hour in a moderate oven. Beat the whites to a stiff froth with a little castor sugar. Pile it on the pudding, return to the oven to crisp.

356.—Frangipani.

2 ozs. flour.
2 ozs. macaroni.
3 ozs. sugar.
pastry.
1 gill cream.
4 yolks of eggs.
grated peel of a lemon.
1 teaspoonful brandy.

Beat the eggs, add all the other ingredients, put it in a saucepan and stir gently over the fire for 15 minutes; it must not boil. Have ready a pastry case baked, pour in the mixture, and bake in a moderate oven. It can be poured over any compôte of stewed fruit, with the whites of the eggs whipped and piled on the top.

357.—Cocoanut Pastry.

2 ozs. butter.
2 ozs. desiccated cocoanut.
1 oz. flour.
2 ozs. castor sugar.
3 eggs.

Cream the butter and sugar together, add the eggs alternately with the flour, beat well. Add the cocoanut. Line a flat baking tin with oiled paper, pour in the mixture, bake about 20 minutes. When cold cut it in fingers and coat with glacé icing.

358.—Pineapple Pudding.

1 large tin pineapple.
2 ozs. flour.
2 ozs. butter.
¾ pt. milk.
3 ozs. castor sugar.
2 eggs.

Cut the pineapple in thin slices, and remove all the black eyes. Put the butter in a saucepan and melt. Add the flour, cook for a few minutes, stir in the milk smoothly, let it boil 3 minutes. Add the pineapple slices, some of the juice, beaten yolks of eggs, and sugar to taste. Line a pie-dish with pastry. Pour in the mixture, bake for half-hour until set. Whip the whites of eggs and pile on the top and bake a pale brown.

359.—Derbyshire Pudding.

1 pint of milk.
2 ozs. flour.
3 ozs. butter.
¼ lb. sugar.
rind of lemon.
5 yolks and 3 whites.
pastry.

Mix 2 ozs. flour smoothly with the milk, boil till it thickens, set aside till cold. Add the butter beaten to a cream, sugar and grated rind of 1 lemon, yolks of eggs, and three whites. Mix thoroughly, pour into a pie-dish lined with pastry. Bake in a quick oven. Whip whites of 2 eggs, and pile on the top, sprinkle over sugar, and set in the oven to brown lightly.

360.—Ground Rice Pudding.

1 pt. milk.
1 oz. rice.
lemon peel.
3 eggs.
nutmeg.
brandy.

Mix the ground rice smoothly with the milk. Beat up the eggs, and add also grated lemon peel, nutmeg, and brandy. Bake in a slow oven.

361.—Lemon Pudding.

1½ ozs. butter.
2 lemons.
3 ozs. castor sugar.
3 eggs.
puff pastry.

Line a pie-dish with puff pastry. Mix the butter, beaten yolks, sugar, lemon juice, and grated rind together, pour in the pie-dish, bake in a moderate oven until pastry is cooked, whip the whites stiffly and pile on the top, return to the oven to set, and brown lightly and serve.

362.—St. Honoré.

short paste.
5 ozs. flour.
2 ozs. butter.
½ pt. water.
1 oz. sugar.
3 whole eggs and 1 yolk.
fruit.
cream.

Make some short paste, roll it out, and cut it in a round about 7 inches in diameter, and place

it on a baking sheet. Make some choux paste. When cold put it in a forcing bag, and force out a roll of it all round the short paste and join the ends. On another baking sheet press out some balls of choux paste the size of a walnut. Put both baking sheets in a moderate oven, and bake till a light brown. Stick all the balls on the wall of choux paste quite close together with white of egg. Fill the centre with a compôte of fruit, and cover with whipped cream. Ornament with chopped pistachio nuts.

363.—Baba.

½ lb. sifted flour.
2 ozs. stoned raisins.
2 ozs. currants.
½ oz. German yeast.
pinch of salt.
4 eggs.
2 ozs. castor sugar.
2 ozs. butter.
2 wine glasses tepid milk.

Cream the yeast, add tepid milk, strain into a basin. Mix in lightly with the fingers as much flour as will make a light soft dough. Roll it into a ball. Put the rest of the flour in a basin, the dough on the top, cover with a cloth, and set in a warm place to rise. Add sugar and butter just warmed, and salt; break the eggs into it, beat all lightly together with the fingers. Add raisins and currants. Well butter a mould, put in the baba, and leave in a warm place to rise. When well risen bake in a moderate oven about a hour. Serve hot with rum sauce poured over.

364.—Savarin.

Prepare the mixture exactly as for Baba, omitting the raisins and currants. Well butter a plain border mould. Sprinkle it with chopped almonds, not too fine, pour in the mixture and fill the mould three-quarters full. Leave it to rise.

Bake in a moderate oven for 1 hour. Turn it out, pour over a mixture of rum and syrup. It may be eaten hot or cold. Fill the centre with a compôte of fruit.

365.—Palace Fritters.

1 lb. flour.
3 ozs. currants.
¾ oz. German yeast.
1 teaspoonful sugar.
tepid milk or water.
pinch of salt.

Put the flour and salt in a basin, make a well in the flour. Cream the yeast with sugar, and mix to it 2 tablespoonfuls tepid milk or water. Put in the flour and stir well, and put in a warm place for 10 minutes. With a wooden spoon mix to a thick batter. Beat till smooth, add currants. Stand in a warm place for 1 hour to rise. Stir up, drop one tablespoonful in hot lard in a frying-pan. It will probably hold 3 or 4 fritters. When brown on one side turn them. Drain on paper. They can be eaten hot or cold, and are good toasted.

366.—Banana Fritters.

3 or 4 bananas.
sugar.
sherry.
frying batter (No. 583).

Choose ripe bananas, but quite sound and firm. Remove skins and cut in half lengthways, and half across. Soak them in sherry for an hour. Prepare the frying batter some time beforehand. Dip in each piece of banana, coat well, and drop them into hot fat. Fry a golden brown. Drain and sprinkle with castor sugar. Serve on a folded serviette or lace paper.

367.—Fig Fritters.

1 lb. figs.
castor sugar.
frying batter.

Steam the figs in a potato steamer until they are plump and tender, but not broken. Dry them

in a cloth, roll in castor sugar, dip in frying batter, and fry in deep fat a golden brown. Drain well and sprinkle with castor sugar.

368.—Croquettes de Marrons.

1 lb. chestnuts.
2 eggs.
½ gill cream.
sugar.
vanilla.
egg and bread crumbs.
wine sauce.

Bake the chestnuts until the shells and skins can be easily removed. Boil them in milk until tender, pound in a mortar and rub through a sieve, flavouring, bind with beaten egg and cream. Form into balls, coat with egg and bread crumbs, and fry in hot fat. Drain and dish on a lace paper. Serve with a wine sauce.

369.—Petit Choux.

5 ozs. flour.
2 ozs. butter.
½ pt. water.
1 oz. sugar.
4 yolks and 3 whites of eggs.
½ pt. cream.
vanilla essence.

Put the water and butter in a small saucepan. When it boils add the flour, well sifted. Stir well and cook until it leaves the sides of the pan and forms into a ball. Allow it to cool a little, beat in the eggs one by one. Force it, by means of a bag and tube, in small portions on to a greased baking sheet. Bake in a moderate oven until a light brown and cooked. When cold fill with whipped cream sweetened and flavoured with vanilla. Coat with glacé icing.

370.—Spanish Puffs.

½ pt. water.
2 ozs. butter.
6 ozs. flour.
3 eggs.
1 dessertspoonful castor sugar.
vanilla essence.

Put water and butter in a saucepan and bring it to the boil, add the sifted flour. Cook well

until it leaves the sides of the pan, allow it to cool. Beat in eggs one by one very thoroughly, add sugar, and flavour well with vanilla. Put the mixture into a forcing bag with a plain tube. Force it through and cut off about inch lengths and drop them into hot fat, six or eight at a time. When they are twice the size cut one in half to see if they are cooked; they usually take from 8 to 10 minutes. When cooked remove them from the fat, drain them on paper, sprinkle with castor sugar. Serve piled up high on a hot dish with a lace paper. Half this quantity makes a nice dish.

371.—Coffee Éclairs.

6 tablespoonfuls water.
1 oz. butter.
2½ ozs. flour.
3 eggs.
cream.
1 gill strong coffee.
½ lb. sugar.

Boil the butter and water together in a saucepan. When boiling stir in flour, well sifted, and continue stirring until the mixture falls and leaves the sides of the pan and is quite stiff. When a little cool beat in eggs thoroughly, one by one. Cover a baking tin with a sheet of well-greased paper, drop on teaspoonfuls of the mixture, not too close together. Bake in hot oven for 15 minutes. When cold split open and fill the centre with whipped cream. Boil coffee and sugar together in a small stewpan till it makes a thread and drops from the spoon. Remove from heat and stir it till it thickens and coat each éclair with it.

372.—Dutch Apples.

2 ozs. tapioca.
6 large apples.
brown sugar.
lemon peel.
whites of eggs.
carmine.

Soak the tapioca in 1 pint of cold water all night, then boil it slowly till quite clear. Peel

and core 6 apples, put them in a deep fireproof dish, fill the centres with brown sugar and grated lemon peel. Colour the tapioca a pretty pink, pour over and round the apples. Cover with buttered paper and bake in the oven till apples are tender. Make a meringue with 2 whites of eggs and sugar, and pile on the top, and serve.

373.—Apples à la Polonaise.

6 or 8 apples.
sugar.
short pastry.
orange marmalade.
3 macaroons.
whipped cream.

Peel and core the apples, stew with a little brown sugar until tender. Line a round flat tin with good short pastry, decorate the edges. Put in when cold a layer of stewed apples, cover with a layer of orange marmalade, sprinkle thickly with crushed macaroons and bake until the pastry is cooked. If served cold, pipe with whipped cream.

374.—Frosted Apples.

5 or 6 apples.
syrup.
white of egg.
castor sugar.

Peel and stew the apples in a thin syrup till tender. Dip them in well-beaten white of egg, sift castor sugar over them, and put in a cool place to candy.

375.—Orange Bonne Bouches.

3 oranges.
2 bananas.
2 peaches.
2 apples.
sugar.
¼ gill sherry or claret.
½ gill syrup.
2 whites of eggs.
cherries.
angelica.

Peel the oranges, carefully remove the pulp without breaking skin. Strain the juice into a saucepan, add wine and syrup. Slice the bananas, cut the peaches and apples into dice, add them to

the syrup and cook gently for 5 or 6 minutes. Fill the orange rinds with this. Whip the whites to a stiff meringue with a little castor sugar, cover the fruit with it. Place in the oven to set, and lightly brown. Decorate with cherries and angelica, and serve hot.

376.—Pears à la Victoria.

6 or 8 pears.
cloves and cinnamon.
brown sugar.
glass of claret.
carmine colouring.
stale sponge cake.
3 eggs.
¾ pt. milk.
½ oz. gelatine.
cream.

Peel the pears, cut in half, leave on the stalk, take out the core. Stew gently until tender in a syrup with cloves, cinnamon, and claret added. Colour a good pink. Drain the pears and allow to get cold. Make a custard with eggs and milk, add the dissolved gelatine, sweeten and flavour it. Pour over some stale sponge cake, colour it pink. Pour into a wet border mould. When cold and firm unmould and place in the centre of an entrée dish, arrange the pears round on it. Strain a little of the sauce round the base and decorate with whipped cream through a forcing bag with a rose tube, and serve.

377.—Pears in Jelly.

6 stewing pears.
2 ozs. sugar.
2 ozs. butter.
1 pt. water.
½ oz. gelatine.
carmine.
whipped cream.

Stew the pears till tender. Dissolve the gelatine and add it, with sugar and butter. Turn into a basin. When the pears are cool place them round a wet border mould, pour in the syrup. Turn out when set and fill the centre with whipped cream.

378.—Pêches à la Reine.

Genoese pastry.
6 or 8 peaches.
3 ozs. rice.
2 ozs. sugar.
lemon rind.
apricot jam.
1 gill cream.
pistachio nuts.
maraschino.
syrup.

Make some Genoese pastry in a border mould, or cut a ring out of a flat sandwich cake. Soak it slightly with a little syrup flavoured with maraschino. Brush it over with apricot jam, and coat with finely chopped pistachio nuts. Boil the rice in the milk with lemon rind and sugar until the milk is absorbed and rice tender. Allow it to get cold, then add the cream. Put the border on a silver dish, fill the centre with the rice, pile it up high. Arrange the half peaches on the rice. Pipe with whipped cream through a forcing bag. Serve cold.

379.—Apricot Compôte.

stale Madeira cake.
apricots.
2 tablespoonfuls sugar.
custard or whipped cream.

Cut off the top from the cake. Scoop out a large piece from centre, leaving a wall of cake all round of 2 inches thick. Stew a bottle or tin of apricots with the sugar for 15 minutes. Fill the centre of the cake, put on the top. Boil up the syrup and pour it over the cake to soak it. When cold cover it with custard or whipped cream.

380.—Fig Compôte.

1 doz. large figs.
1 oz. gelatine.
2 ozs. white sugar.
whipped cream.

Cut the figs in halves, put them in a stewpan with the gelatine, sugar, and enough water to cover them. Simmer slowly for 2 hours. Pour it into a wet mould, when cold and set turn out and serve with whipped cream. Prunes can be

cooked in this way, allowing ½ lb. prunes to the gelatine.

381.—Gateau of Mixed Fruit.

1 lb. currants.
1½ lb. apples.
almonds.
1¼ lb. castor sugar.
cream and custard.

Put the currants in a jar, stand in a saucepan of boiling water, strain out all the juice. Raspberries may be added. Put the juice in a stewpan with apples, pared and cored. Boil slowly for half an hour, till quite smooth. Throw in gradually the sugar, and stir constantly for 20 minutes. Put in a mould, tie it down, and keep till required. Serve with blanched almonds stuck in it, with whipped cream or custard.

382.—Stewed Prunes.

3 lbs. prunes.
6 ozs. sugar.
2 tablespoonfuls treacle.

Put the prunes in a stewpan, just cover them with water. When they begin to simmer put in the sugar. Allow them to stew very gently until they are swollen and quite soft, then add the treacle. Pour them in a jar and they will keep several weeks and are ready to serve at any time. They may be used for a boiled pudding if prepared in this way.

383.—Compôte of Bananas.

4 ozs. Carolina rice.
1 oz. sugar.
1 gill cream.
vanilla essence.
bananas.
whipped cream.
syrup.
brandy or sherry.

Cook the rice till tender in milk, allow it to get cold. Add cream, sugar, and vanilla to taste, pile up in the centre of a glass dish. Peel the bananas,

cut a piece off the top of each and lay them against the rice in an upright position all round the flat piece upwards. Pipe in a pattern between and on top with whipped cream. Pour a syrup, flavoured with brandy or sherry, round the bottom, and serve.

384.—Bananas au Rhum.

6 or 8 bananas.
½ pt. water.
½ lb. loaf sugar.
1 gill rum.
strip of lemon rind.
sponge cake.
whipped cream.
carmine.

Peel the bananas and cut them in half. Make a syrup with water and sugar, add a strip of lemon peel, flavour with ½ gill rum, colour pink, and put in the bananas. Stew gently until tender. Put some slices of stale cake in the bottom of a glass dish, arrange the bananas on it. Add the rest of the rum to the syrup, strain it over the bananas when a little cool. Serve with whipped cream.

385.—Gateau aux Pistaches à la Crême.

5 ozs. butter.
5 ozs. castor sugar.
6 ozs. flour.
3 eggs.
apricot jam.
pistachio nuts.
cream.

Cream the butter and sugar well together, add the sifted flour and eggs alternately, bake in a buttered shallow tin. When cold cut into rounds with a large size cutter, take the centre out of each with a smaller cutter. Spread with apricot jam and pile on the other. Add a little boiling water to some jam, brush over the gateau, and coat with chopped pistachio nuts. Fill the centre with whipped cream.

386.—Tipsy Cake.

small Madeira cake.
raspberry jam.
¼ pt. sherry.
preserved fruit.
cream.

Cut the cake into 3 rounds, spread them with raspberry jam. Scoop out the middle of the top slice, pour in the sherry, fill up with preserved fruit, and cover the whole with whipped cream.

387.—Marquise.

½ lb. chocolate Menier.
½ pt. milk or cream.
1 oz. gelatine.
1s. sponge cake.
jam.

Cut the cake in slices, spread with jam, every alternate layer may be Devonshire cream. Dissolve the chocolate and gelatine in the milk, pour over the cake, and decorate according to taste.

388.—Suffolk Cream.

1 qt. milk.
3 eggs.
¾ oz. gelatine.
1 lemon.
sugar to taste.

Dissolve the gelatine in a little water. Boil the milk, add well-beaten yolks of eggs, and cook till it nearly comes to the boil, then pour in lemon juice and dissolved gelatine. Sweeten to taste. When almost cold stir in lightly the well whipped whites of eggs. Pour into a wet mould, and turn out when set.

389.—Rhubarb Jelly and Cream.

1 lb. rhubarb.
4 ozs. sugar.
1 oz. gelatine.
juice of ½ lemon.
½ pt. water.
carmine.
cherries and angelica.
¾ pt. cream.

Stew the rhubarb until quite tender with sugar; and pass through a sieve. Dissolve the gelatine

in water, and add with lemon juice. Decorate border mould with cherries and angelica. Pour in rhubarb mixture, and allow to set. It should be coloured a good pink. Turn out when firm, and fill centre with whipped cream.

390.—Raspberry Cream.

½ pt. custard.
½ pt. raspberry purée.
½ pt. cream.
¾ oz. gelatine.
noyeau.
colouring.
lemon jelly.
lemon juice.

Make the custard with eggs and milk. Melt the gelatine in a little water, heat about 2 tablespoonfuls of raspberry jam, and rub it through a sieve to make the ½ pint of purée. Mix custard purée and dissolved gelatine together, add noyeau to flavour, and a squeeze of lemon juice. Colour with carmine. Whip the cream slightly and stir in. Mask the mould with lemon jelly. Pour in the raspberry cream, and set aside to cool. When firm turn out and garnish with chopped jelly.

391.—Crème à la Venus.

4 yolks of eggs.
1 pt. milk.
½ pt. cream.
1 oz. gelatine.
preserved ginger.
1 gill rum.
sugar.
½ pt. custard sauce (No. 506).

Make a custard with the milk and yolks of eggs, dissolve the gelatine and add it. Whip the cream slightly, and add with the rum and sugar to taste. Decorate a mould with pieces of preserved ginger, pour in the custard mixture, set aside to cool. Re-mould when cold, and serve with custard sauce, well flavoured with ginger.

392.—Rainbow Creams.

¾ pt. custard.
¾ pt. cream.
1 oz. gelatine.
vanilla.
colourings.
1 oz. sugar.

Dissolve the gelatine in a little water, add it to the custard. Whip the cream slightly, sweeten and flavour it. Add it to the custard. Divide into four, leave one uncoloured, and colour the others pale pink, green, and mauve respectively. The colours must be pale and delicate. When cold put a portion of each in small soufflé cases, arranging it so that all the colours are seen in each case, and serve.

393.—Apple Mould.

1 lb. apples.
½ lb. sugar.
¼ pt. water.
grated peel of 1 lemon.

Peel and core the apples, put them in a stewpan with sugar and water and lemon rind. Boil it gently until it becomes stiff. Put it in a wet mould and turn out when cold and set.

394.—Brighton Cream.

1 pt. milk.
½ oz. gelatine.
3 ozs. loaf sugar.
lemon peel.
yolks of 3 eggs.

Boil the sugar, lemon peel, and gelatine in the milk. Beat the yolks of eggs, pour the milk on them, and stir for a few minutes. Pour it into a wet china mould. More gelatine must be used in summer. Make a sauce with ¾ teacup water, 2 ozs. loaf sugar, well flavoured with lemon. Simmer it for 20 minutes. When cold pour over the mould when turned out.

395.—Fruit Jelly.

2 bananas.
2 oranges.
sugar.
maraschino.
1 pt. lemon jelly.
little sherry.
whipped cream.

Peel oranges and bananas, cut bananas in slices and oranges in quarters. Put in a deep glass dish. Sprinkle with sugar, and flavour with a little maraschino. Make a pint of lemon jelly, add a little sherry. Pour over the fruit. When cold and set, pile whipped cream on top.

396.—Carolina Rice.

2 tablespoonfuls rice.
3 gills new milk.
2 eggs.
sugar to taste.
apricot jam.
little nutmeg.
1 gill cream.

Boil the rice in the milk until tender, if too thick add more milk, sweeten to taste. Well beat the eggs, and add to the rice, and when cold pour it over jam in a glass dish (apricot is best), grate a little nutmeg over it, and cover it with whipped cream and serve. When the rice is ready to pour over the jam it should be the consistency of thick custard.

397.—Gibraltar Cream.
(Gibraltar.)

1 qt. milk.
½ oz. gelatine.
4 eggs.
4 ozs. castor sugar.
flavouring.

Dissolve the gelatine in a little water. Add it to the milk and stir well. Just before it comes to the boil add the yolks of eggs, well beaten, and 2 ozs. sugar. When it boils remove it, and stir in the whites of the eggs, whipped to a stiff froth with the rest of the sugar. Flavour to taste. Pour into a wet mould. Turn out when set.

398.—Tapioca Cream.

2 ozs. tapioca.
1 pt. milk.
2 ozs. sugar.
¼ pt. cream.
2 eggs.
vanilla essence.
jam or stewed fruit.

Soak the tapioca in a little cold milk all night, then boil in 1 pint of milk till tender and not lumpy. Add the eggs well beaten to the tapioca, and flavour with vanilla. Put a layer of stewed fruit or jam in a glass dish, pour over the tapioca. Whip the cream, and pile it on the top roughly. A whipped white of egg can be used instead of cream.

399.—Queen's Pudding.

1 pt. cream.
1 gill milk.
½ oz. gelatine.
1 oz. citron and lemon peel.
2 ozs. preserved cherries.
2 ozs. castor sugar.
vanilla.
½ wine-glass brandy.

Dissolve the gelatine in milk, allow it to cool a little. Whip the cream with the sugar and brandy, stir in the gelatine. Add finely chopped peel, and last of all the cherries. Pour into a wet mould, and turn out when set. It can be made with custard instead of cream.

400.—Orange Creams.

1 Seville orange.
1 tablespoonful brandy.
¼ lb. sugar.
1 pt. cream.
4 yolks of eggs.
½ oz. gelatine.
little water.

Boil the rind of a Seville orange very tender. Pound it finely in a mortar, add to it the brandy, strained juice of the orange, sugar, and yolks of eggs. Beat all together 10 minutes. Add 1 pint of boiling cream, beat until cold. Add the gelatine, dissolved in a little water. Pour into a

mould. This cream can be served in custard cups, without the gelatine. The yolks must be cooked, but not boiled.

401.—Tangerine Orange Cream.

6 tangerines.
½ pt. cream.
½ pt. custard.
½ oz. gelatine.
3 yolks of eggs.
castor sugar.

Make a custard with ½ pint milk, 3 eggs, 3 ozs. sugar. Pound the orange skins in a mortar and pass through a sieve. Cut the fruit very small, saving all the juice. Soak and dissolve the gelatine, add to the custard. Whip the cream and add with pulp from skins and juice. Pour into a wet mould.

402.—Coffee Charlotte Russe.

Savoy biscuits.
½ pt. custard.
½ pt. cream.
1 gill coffee essence.
sugar.
1 oz. gelatine.
browned almonds.
whipped cream.

Line a tin with Savoy biscuits, joining them with white of egg. Add the cream to the custard, flavour with the coffee essence, and stir in the dissolved gelatine, sweeten to taste. Pour the cream into the tin lined with biscuits, and allow it to get cold. Turn out when set, pipe the top with whipped cream flavoured with coffee, sprinkle with chopped browned almonds, and serve.

403.—Pineapple Cream.

1 tin pine chunks.
1 pt. cream.
3 ozs. sugar.
½ oz. gelatine.

Break up the pineapple and rub through a sieve, leaving out a few pieces to decorate the mould. Dissolve the gelatine in the juice from

the pine. Whip the cream, add ½ pint pineapple purée and gelatine, sweeten to taste. Pour into a wet mould. If a larger mould is required add ½ pint custard and ¼ oz. more gelatine.

404.—Ginger Cream.

2 ozs. ginger.
1 oz. castor sugar.
½ oz. gelatine.
½ pt. cream.
1 teacupful milk.
little sherry or liqueur.

Dissolve the gelatine, cut up the ginger very fine. Add to gelatine. When getting cool add the whipped cream. Sweeten to taste. Pour into a wet mould, decorated with small pieces of ginger.

405.—Lemon Custards.

2 large lemons.
1 pt. boiling water.
1 oz. arrowroot.
½ lb. castor sugar.
2 eggs.
cream.

Peel the lemons, pour a pint of boiling water on the peel, and let it stand for 2 hours. Strain out the rind and add the strained juice of lemons. Mix the arrowroot smoothly with some of the lemon water, add sugar and the eggs, well beaten. Pour the mixture into a double saucepan and stir till as thick as cream. When cold serve in custard glasses with some whipped cream on the top of each.

406.—Mocha Puddings.

stale sponge cake.
3 eggs.
1 pt. milk.
coffee essence.
browned almonds.
coffee butter.
½ oz. gelatine.
pistachio nuts.

Make a custard with the eggs and milk. When it thickens add coffee essence to taste, a little sugar and the gelatine dissolved in a little water. Pour into wet dariole moulds. When set turn

out, pipe all over with coffee butter, and sprinkle with chopped pistachio nuts.

To make coffee butter, beat 3 ozs. icing sugar into 2 ozs. fresh butter, flavour and colour with coffee essence.

407.—Crystal Palace Pudding.

5 sponge cakes.
2 ozs. ratafias or macaroons.
2 glasses sherry.
1 pt. milk.
4 yolks.
½ oz. gelatine.
1½ ozs. sugar.
cherries.

Dissolve the gelatine in the milk. Put it in a double saucepan, add yolks and sugar, and stir till the custard thickens. Wet a mould, decorate it with cherries, put in alternate layers of sponge cakes and ratafias. Soak with wine, flavour the custard and pour over the sponge cakes. Serve with whipped cream.

408.—Mince Meat.

3¼ lbs. apples.
2 lemons.
½ lb. raisins.
½ lb. currants.
½ lb. sultanas.
¼ lb. moist sugar.
½ lb. suet.
¼ lb. mixed peel.
pinch of mixed spice.
1 wine-glass brandy.

Chop raisins, currants, sultanas, and suet. Peel, core and slightly bake apples before chopping. Grate the lemons, squeeze out juice. Boil them until a pin will pierce them. Chop and add to the mixture. Use as required for mince pies.

409.—Short Paste for Moulds.

3 ozs. flour.
1½ ozs. butter.
1 oz. castor sugar.
1 yolk of egg.
orange flower water.

Rub butter into flour, add sugar, mix with egg and orange flower. Water to a stiff paste and use.

410.—Paste for Tartlets, Fleurs, etc.

6 ozs. flour.
2 ozs. crême de riz.
4 ozs. butter.
4 ozs. almonds.
yolks of 4 eggs.
4 ozs. castor sugar.
1 teaspoonful vanilla essence.
orange flower water.

Rub the butter into the flour and rice, add the almonds very finely chopped, and other ingredients. Make to a stiff paste with orange flower water. Roll out about $\frac{1}{4}$ inch thick. Line the mould or tin with it. Put a buttered paper inside and fill with rice and bake in a moderate oven. Turn out and when cold fill with a macédoine of fruit.

CHAPTER VIII.

BREAD AND CAKES
(411 to 470).

411.—Bread.

1¾ lbs. flour.
¼ lb. butter.
5 ozs. loaf sugar.
4 tablespoonfuls yeast.
½ pt. milk.
1 egg.
salt.

Rub the butter into the flour, warm the milk slightly, and add beaten egg. Add yeast and let it sponge in a warm place. Add the loaf sugar pounded to it, and mix all well in together to the flour. Put it in the bread tins, allow it to rise well. Bake in a hot oven.

412.—Bread Rolls.

3 lbs. flour.
1 lb. butter.
2 eggs.
1 tablespoonful good yeast.
salt.
warm milk.

Add the salt to the flour, rub in the butter, cream the yeast, add some warm milk. Make a well in centre of flour, pour in yeast, and leave it to rise for an hour. Add the well-beaten eggs, mix with more warm milk. Leave to prove in a warm place. When well-risen form into rolls, bake in a hot oven 20 minutes. This quantity should make 32 rolls.

413.—Vienna Bread.

1 lb. Vienna flour.
½ oz. yeast.
1 oz. butter.
1 egg.
1 teaspoonful sugar.
1 teaspoonful salt.
½ pt. warm milk.

Cream the yeast with the sugar, add the beaten egg to the yeast. Sift the flour into a basin, add the salt, make a well in the centre, pour in yeast, egg, and warm milk. Mix to a light dough. Put it to prove in a warm place for 1½ to 2 hours. It should be twice the size. Make into fancy shapes, brush with egg. Leave on a greased baking sheet in a warm place to prove again. Bake in a quick oven for 20 minutes.

414.—Tea Cakes.

1 lb. Colman's self-raising flour.
2 ozs. butter.
1 egg.
½ pt. warm milk.
salt.

Rub the butter into the flour, mix lightly with the egg and warm milk. Divide the dough into four, knead till smooth. Place in buttered cake tins. Brush over with a little beaten egg, and bake in a quick oven for 10 to 15 minutes.

415.—Scones (1).

1 lb. flour.
3 ozs. butter.
¼ lb. sugar.
2 eggs.
2 teaspoonfuls baking powder.
¼ pt. milk.

Sift the flour and baking powder, rub in the butter. Add the sugar, mix with the eggs, well beaten, and enough milk to make a light dough. Knead smoothly, roll out to ¾ inch in thickness, cut into rounds with a pastry cutter, and bake in a hot oven for about 20 minutes. Brush with milk when about half cooked. Half this quantity is sufficient for 9 or 10 scones for afternoon tea.

416.—Scones (2).

7 lbs. flour.
4 ozs. cream of tartar.
2 ozs. bicarbonate of soda.

Mix all together and put through a sieve twice. Keep in a tin. When wanted use as much as required, add salt and mix to a light dough with skim or sour milk. Knead slightly, roll out and cut into scones, and bake. For *Drop Scones* add one beaten egg to ½ pound flour; make the consistency of thick batter.

417.—Potato Scones.

potatoes.
flour.
butter.
salt.

Well mash the potatoes, add little butter and salt. Make to light dough with some flour, roll out and bake on a girdle. These scones should be eaten hot.

418.—Brown Scones.

1 lb. brown meal.
2 ozs. butter.
½ oz. sugar.
salt.
¾ pt. milk or butter-milk.

Rub the butter into the flour, add sugar and salt. Mix to a light dough with butter-milk. Cut into rounds with a cutter and bake in a quick oven.

419.—Girdle Scones.

1 lb. flour.
1 gill butter-milk.
salt.
1 teaspoonful carbonate of soda.

Add the salt to the flour, dissolve soda in the milk. Mix to a light dough and let it rise for half an hour. Bake on a girdle.

420.—Girdle Cakes.

4 ozs. flour.
2 ozs. butter.
1 teaspoonful sugar.
pinch of salt.
1 teaspoonful baking powder.
milk.

Rub the butter into the flour, add sugar, salt, baking powder. Mix to a dough with milk, roll out on a floured board to ½ inch thick. Cut into rounds, bake on a well-greased girdle.

421.—Yorkshire Plum Loaf.

1½ lbs. flour.
½ lb. lard.
1 lb. sultanas.
1 lb. currants.
1 lb. sugar.
¼ lb. mixed peel.
1 grated nutmeg.
1 teaspoonful carbonate of soda.
1 pt. butter-milk.

Mix all the dry ingredients together. Dissolve the soda in the butter-milk, and stir in to the flour, etc. This quantity will make 2 medium-sized loaves. Bake in a moderate oven 2½ to 3 hours.

422.—Sultana Cake.

¾ lb. flour.
6 ozs. butter.
6 ozs. castor sugar.
6 ozs. sultanas.
1 oz. candied peel.
2 eggs.
1 teaspoonful baking powder.
1 teaspoonful lemon juice.
little milk.

Rub the butter into the flour, add the sugar and fruit. Mix with eggs, beaten with a little milk, last of all add lemon juice and baking powder. Half fill a greased paper-lined tin, and bake 1½ hours in a moderate oven.

423.—Sponge Cake.

4 eggs.
5 ozs. sugar.
5 ozs. flour.
grated rind of 1 lemon.

Beat the eggs and sugar together until quite white and creamy. Stir in the flour very lightly,

add the grated lemon rind, well butter a cake tin, sift it out with castor sugar, and then a little flour. Pour in the mixture, tie round the tin a band of paper prepared like the tin. Bake in a very moderate oven for 1 to 1¼ hours.

424.—Chocolate Cake.

4 ozs. flour.
2 ozs. ground rice.
6 ozs. sugar.
4 ozs. chocolate powder.
4 ozs. butter.
3 eggs.
½ teaspoonful baking powder.
vanilla essence.

Cream the butter and sugar together, sift in the flour, chocolate powder, and ground rice alternately with the eggs, beating well all the time. Add baking powder and vanilla essence. Bake in a well-buttered tin for about half an hour in a moderate oven. When cold ice with chocolate icing (see No. 425).

425.—Chocolate Icing.

3 ozs. chocolate or cocoa.
3 ozs. castor sugar.
white of 1 egg.
vanilla essence.

Pour a little hot water on the chocolate to make a stiff paste. When cold add sugar and egg. Use to ice chocolate fingers, cakes, buns, etc.

426.—Peppermint Cake.

1 lb. loaf sugar.
2 or 3 tablespoonfuls water.
1 teaspoonful essence of peppermint.

Put loaf sugar in a stewpan with 2 or 3 tablespoonfuls water to moisten it. Boil 10 minutes, keeping it free from colour, and just moist enough to cake without being too hard. Remove from heat and stir till nearly cold. Then add essence of peppermint. Pour into a buttered tin.

427.—Seed Cake.

1 lb. flour.
6 ozs. butter.
6 ozs. sugar.
2 ozs. carraways.
2 ozs. candied peel.
1 teaspoonful of baking powder.
1 teaspoonful lemon juice.
2 eggs.
1 gill milk.

Rub in butter to flour, add sugar, carraways, peel, and baking powder. Mix with eggs well-beaten, with milk added. Beat all together for 5 minutes. Bake in a tin lined with buttered paper for 1½ hours in a moderate oven.

428.—Cherry Cake.

½ lb. flour.
2 ozs. ground rice.
4 ozs. butter.
4 ozs. sugar.
3 ozs. glacé cherries.
2 ozs. citron.
3 eggs.
½ teaspoonful baking powder.
vanilla essence.
little milk.

Cream the butter and sugar well together. Sift the flour and baking powder. Add alternately with the eggs, beating well all the time. Cut the cherries in half and the citron in slices. Add with a little vanilla essence and some milk if necessary. Pour the mixture into a buttered paper-lined tin. Put a few cherries on the top, and bake in a moderate oven for 1 to 1½ hours.

429.—Orange Cake.

½ lb. castor sugar.
½ lb. butter.
½ lb. flour.
3 eggs.
2 oranges.
½ teaspoonful baking powder.

Beat the butter and sugar to a cream. Add the sifted flour and eggs alternately, beating well all the time. Grate the rind of 2 oranges, and add to the mixture with the strained juice of 1½ oranges, lastly stir in the baking powder. Line a cake tin with buttered paper. Pour in the mixture and bake

from ¾ to 1 hour. Coat with orange icing and decorate with glacé orange slices.

430.—Orange Icing.

½ lb. icing sugar.
juice of 1½ oranges.

Strain the juice into the sugar, stir over fire until just warm. Pour over cake. It can be coloured if liked. Tangerine is the most suitable colouring to use.

431.—Genoa Cake.

10 ozs. flour.
½ lb. butter.
½ lb. castor sugar.
6 ozs. sultanas.
grated rind of lemon.
2 ozs. mixed peel.
5 eggs.
2 ozs. ground almonds.
1 teaspoonful baking powder.

Beat the butter and sugar to a cream, add the sifted flour and baking powder with the yolks, and beat well for some minutes. Stir in almonds, sultanas, grated lemon rind and peel, and lastly the whites of eggs, whipped stiffly. Bake in a moderate oven in greased paper-lined tin for 1½ to 2 hours.

432.—Banana Luncheon Cake.

¾ lb. flour.
5 ozs. butter.
5 ozs. sugar.
4 or 5 bananas.
2 eggs.
2 ozs. candied peel.
1 teaspoonful carbonate of soda.
1 gill of milk.

Sift the flour, add the sugar and chopped candied peel. Beat the bananas to a pulp, add the melted butter and beaten eggs. Mix into the flour, etc., beat well, dissolve the soda in the milk, and mix well into the mixture. Pour it into a well-buttered cake tin, and bake in a moderate oven about 2 hours.

433.—Walnut Cake.

3 eggs.
3 ozs. castor sugar.
4 ozs. flour.
1½ ozs. butter.
icing sugar.
shelled walnuts.
butter icing.
vanilla.

Beat the eggs and sugar to a stiff froth, stir in the sifted flour lightly and the butter melted. Bake in a moderate oven for 20 to 25 minutes. When cold cut in half, spread with butter icing, flavoured with vanilla and chopped walnuts added. Press together again. Coat with glacé icing, flavoured with vanilla. Stick on some shelled walnuts before it is set.

For Butter Icing use 3 ozs. fresh butter, 3 ozs. icing sugar, beaten together until quite soft and the consistency of thick cream.

434.—Brazil Nut Cake.

8 ozs. ground Brazil nuts.
3 ozs. castor sugar.
3 ozs. icing sugar.
3 ozs. ground rice.
3 ozs. butter
3 eggs.
½ orange.

Work the butter to a cream, add sugar and rice one after the other, break in each egg whole, and beat well before adding another. Add rind of orange, grated, and the juice; stir in the nuts and mix well. Butter a shallow tin, pour in mixture, and sprinkle with sugar. Bake 1½ hours in moderate oven. It will take about ¾ lb. of nuts in shell before grinding.

435.—Orange Layer Cake.

3 eggs.
3 ozs. sugar.
4 ozs. flour.
2 ozs. butter.
rind and juice of 1 orange.
1 oz. ground almonds.
1 tablespoonful apricot jam.
glacé icing.

Whisk the eggs and sugar to a stiff froth, stir in lightly the sifted flour and melted butter, add

grated rind of orange. Bake in two flat tins in a moderate oven, or it can be baked in one tin, and cut in half when cold and firm. Make a filling of jam, ground almonds, flavoured with orange juice and spread in the centre. Press together the two layers, ice with glacé icing, made with orange juice and coloured with tangerine colouring. Decorate with slices of crystallised orange, or pipe it with an orange butter icing (see No. 470).

436.—Lafayette Cake.

8 ozs. flour.
6 ozs. butter.
6 ozs. sugar.
3 eggs.
½ teaspoonful baking powder.

Cream the butter and sugar well together. Add the sifted flour and eggs alternately, beating well all the time. Add the baking powder and pour the mixture into well-buttered flat tin, and bake in a moderate oven for about 25 to 30 minutes. When quite cold, cut open and spread with jam or lemon filling. Ice with fondant or glacé icing and decorate. This mixture is suitable for the foundation of all small fancy cakes.

437.—Yorkshire Cake.

weight of 1 egg in butter.
sugar.
flour.
1½ ozs. ground rice or cornflower.
1 teaspoonful baking powder.
1 tablespoonful milk.
jam.

Rub the butter into the flour, add sugar, pinch of salt, baking powder. Beat the egg with milk, add to the other ingredients. Bake about 15 minutes in 2 well-buttered shallow round tins. When cold, spread one with jam, and press them together. For hot cake, bake in 1 tin, cut open and spread with butter; 2 ozs. sultanas or currants may be added.

438.—Simnel Cake.

½ lb. flour.
10 ozs. currants.
4 ozs. butter.
3 yolks of eggs.
4 ozs. sugar.
1 gill milk.
1½ ozs. citron.
1½ ozs. lemon peel.
nutmeg.
cinnamon.
½ oz. yeast.
almond paste.

Rub the butter into the flour, add all the dry ingredients. Cream the yeast with a little sugar, stir with half teacupful tepid water, mix into cake with milk and yolks of eggs. Set the dough to rise 2 hours, bake in a moderate oven 2 hours. Put a ring of almond paste on top and return to oven to bake.

439.—Pound Cake.

1 lb. flour.
1 lb. butter.
½ lb. castor sugar.
2 ozs. candied peel.
2 ozs. cherries.
grated rind of lemon.
9 eggs.
1 wine-glass brandy.

Beat the butter and sugar to a cream. Whip the whites to a stiff froth, add them, then the beaten yolks. Stir in flour lightly, add peel, cherries, and grated lemon rind, and last of all the brandy. Bake for 2 hours in a moderate oven. Be careful the eggs are very fresh, one musty egg will spoil the cake.

440.—Wedding Cake.

1 lb. flour.
1 lb. butter.
½ lb. castor sugar
¾ lb. sultanas.
¾ lb. currants.
¼ oz. nutmeg.
¼ lb. chopped almonds.
¾ lb. mixed peel.
8 eggs.
1 wine-glass brandy.

Beat the butter and sugar to a cream, add the whites of eggs beaten to a very stiff froth. Beat the yolks and add also the flour, nutmeg, cleaned and prepared fruit, and last of all the brandy. Line a tin with several thicknesses of paper, put

in the mixture, and bake 3 to 4 hours. When ready cover with almond paste, ice with royal icing, and decorate to taste.

441.—Snow Cake.

1 lb. arrowroot.
½ lb. castor sugar.
½ lb. butter.
whites of 6 eggs.
vanilla essence.

Beat the butter and sugar to a cream, stir in the arrowroot, beating the mixture well. Whip the whites of eggs to a stiff froth, add to the other ingredients, and beat all together for 20 minutes. Add the flavouring, and bake in a moderate oven from half to 1 hour.

442.—School Cake.

2 lbs. dough.
¾ lb. butter.
¾ lb. sugar.
2 eggs.
¾ lb. currants.
1 oz. candied peel.
little mixed spice.

Put the dough in a pan, break the butter in pieces into it, add the sugar. Cover the dough with a cloth, and put in a warm place for 1 hour. Then add eggs well beaten, add currants, peel, and mixed spice, knead all well in. Half fill the tin or tins, leave to rise in front of fire. Bake 2 hours. Dripping or half butter and half lard may be used.

443.—A Very Good Dough Cake.

3½ lbs. flour.
1 lb. butter.
1½ pt. milk.
4 tablespoonfuls yeast.
½ teaspoonful cinnamon.
1 lb. currants.
1 lb. sugar.
2 ozs. peel.
3 eggs.
pinch of salt.

Rub the butter into the flour. Put the yeast and ½ pint of warm milk to rise for half an hour. Add the currants, peel, sugar, and cinnamon to the flour, pour in the yeast. Add well-beaten eggs

and milk—the whites must be whipped separately. Mix all gradually together with a wooden spoon. Bake in well-greased tins in quick oven.

444.—Genoese Paste.

½ lb. flour.
½ lb. butter.
½ lb. castor sugar.
5 eggs.
grated rind of 1 lemon.
½ teaspoonful baking powder.

Beat the butter to a cream, add sugar, and beat together for 10 minutes. Mix in eggs and sifted flour alternately, lastly grated lemon rind and baking powder. Line a flat tin with buttered paper, dust with castor sugar and flour. Pour in the mixture, and bake in a moderate oven for about half an hour. This is a very useful mixture, and many fancy cakes and dishes can be quickly made from it.

445.—Violet Cake.

3 eggs.
4 ozs. flour.
3 ozs. sugar.
2 ozs. butter.
Viennese icing (No. 470).
violet essence.
glacé icing.
violets and angelica.

Beat the eggs and sugar together to a stiff white froth. Sift the flour and add very lightly with the butter melted. Bake in a moderate oven in a well-buttered tin. When cold and firm cut in half and spread with a layer of Viennese icing flavoured with essence of violet. Coat the outside of the cake with glacé icing, coloured very pale mauve. Make a bunch of crystallised violets on the top, with stems of angelica cut in thin strips.

446.—Coffee Cake.

4 eggs.
4 ozs. sugar.
4 ozs. flour.
coffee butter.
chopped almonds.

Whisk the eggs and sugar together as for sponge cake for 20 minutes, when quite thick and creamy

stir in the flour very lightly. Bake in a buttered tin for 35 minutes in a slow oven. When cold and firm cut in three, put in layers of coffee butter between the layers, and press together again. Coat all over the top and sides, and cover with chopped almonds browned nicely in the oven. To make coffee butter, beat 3 ozs. fresh butter to a cream with 4 ozs. sifted icing sugar, colour a good brown with " Camp " coffee essence.

447.—Cornflour Cake.

4 ozs. cornflour.
2 ozs. flour.
3 ozs. butter.
4 ozs. sugar.
3 eggs.
grated rind of ½ lemon.
½ teaspoonful baking powder.

Cream the butter and sugar well together, add the sifted flour and cornflour and the eggs alternately, beating well between each, add the grated lemon peel and baking powder. Pour the mixture into a tin lined with buttered paper, and bake in a moderate oven from 30 to 45 minutes.

448.—Lemon Swiss Roll.

2 eggs (3 if small).
2 ozs. flour.
3 ozs. sugar.
½ teaspoonful baking powder.
lemon curd (No. 449).

Whisk the eggs and sugar together until a stiff froth. Sift the flour and baking powder and stir in very lightly. Well butter a flat tin, line it on the bottom with buttered paper, pour in the mixture. Spread it evenly, and bake in a fairly quick oven for 6 to 8 minutes. When cooked turn on to a sheet of paper sprinkled with castor sugar. Cut down the edges, spread with lemon curd, roll up quickly.

449.—Lemon Curd.

8 ozs. loaf sugar.
2 ozs. fresh butter.
2 eggs.
juice and rind of 2 lemons.
2 ozs. cake crumbs.

Put the sugar, butter, grated peel, and juice of lemons in a double saucepan. When melted and smooth add the grated biscuits or cake crumbs, and well-beaten eggs. Cook till it thickens, stirring occasionally; do not allow it to boil or it will curdle. When cold it is ready for use, for filling cakes, Swiss rolls, tartlets, etc.

450.—Rock Cakes.

1 lb. flour.
6 ozs. currants.
6 ozs. castor sugar.
little milk.
½ lb. butter.
1 egg.
grated lemon peel.
½ teaspoonful baking powder.

Rub butter into flour, add all other ingredients, mix very stiffly with egg and milk. Place in rough heaps on a baking tin, and bake about 15 minutes. Lard or dripping can be used for plainer cakes.

451.—Valencia Cakes.

1 lb. flour.
4 ozs. butter.
4 ozs. sugar.
8 ozs. sultanas.
2 ozs. ground almonds.
almond essence.
1 egg.
½ teaspoonful baking powder.

Sift the flour and baking powder, clean the sultanas. Rub the butter into the flour, add sugar and ground almonds. Mix to a stiff dough with the egg well-beaten, add a little milk if necessary, flavour with a little almond essence. Form into rounds, brush with a little egg, sprinkle with sugar and ground almonds. Place on a greased baking sheet, and bake in a moderate oven for 20 minutes.

452.—Princess Cakes.

6 ozs. butter.
6 ozs. castor sugar.
8 ozs. flour.
4 ozs. dried fruits.
4 eggs.
1 teaspoonful baking powder.
½ teaspoonful vanilla essence.

Cream the butter and sugar well together, add sifted flour and baking powder. Stir in fruits chopped very finely, flavour with vanilla. Bake in well-greased fancy tin for 20 minutes in a moderate oven.

453.—Butter Cakes.

4 ozs. butter.
4 ozs. castor sugar.
6 ozs. flour.
1 egg.
½ teaspoonful ground cinnamon.
almonds.

Cream the butter and sugar well together, add the flour, and mix to a stiff paste with egg. Roll out thinly, cut into rounds the size of a tumbler. Put half a blanched almond on each, and bake till crisp.

454.—Vanilla Cakes.

4 ozs. butter.
4 ozs. castor sugar.
3 ozs. cornflour.
2 eggs.
3 ozs. flour.
1 teaspoonful baking powder.
1 teaspoonful vanilla essence.

Beat the butter and sugar to a cream, add the yolks of eggs, and beat in with flour, cornflour, and baking powder, add the vanilla essence. Butter some small fancy tins, half fill each, and bake about 20 minutes in a moderate oven.

455.—Norwich Cakes.

¼ lb. butter.
¼ lb. castor sugar.
¼ lb. flour.
2 eggs.
grated rind of 1 lemon.
cocoanut.

Cream the butter and sugar well together, add the eggs and sifted flour, and beat well. Stir in

the grated lemon rind. Put the mixture into well-buttered small cake tins, coat with sugar and desiccated cocoanut, and bake in a moderate oven for about 20 minutes.

456.—Potato Cakes.

6 large potatoes.	3 ozs. butter.
2 lbs. flour.	pinch of salt.
½ lb. sugar.	1 egg.

Boil the potatoes, mash them well, add flour, sugar, butter, salt, and egg. If not sufficiently moist add a little water. Roll out dough half an inch thick, cut into small rounds, and bake a light brown.

457.—Chestnut Cakes.

1 lb. chestnuts.	1 teaspoonful baking powder.
2 ozs. butter.	1 oz. flour.
2 ozs. castor sugar.	pinch of salt.
2 eggs.	

Boil the chestnuts half an hour, remove the shells and skins, rub through a wire sieve. Add salt, cream, butter, and sugar together, add the chestnuts and flour, and the eggs, well beaten. Place in small heaps on a greased baking sheet, and bake in a moderate oven for 20 to 30 minutes.

458.—Norfolk Cakes.

½ lb. flour.	5 eggs.
½ lb. butter.	1 lemon.
½ lb. castor sugar.	glacé icing.

Cream the butter and sugar well together until quite white, add alternately the flour, well sifted, and the eggs, and grated rind of lemon. Pour the mixture into well-buttered little fancy moulds, bake in a quick oven, turn out on a sieve. When cold ice with different coloured glacé icing, and decorate with crystallised violets and leaves of angelica.

459.—Cocoanut Cakes.

4 ozs. cocoanut.
4 ozs. castor sugar.
white of egg.

Pound together equal quantities of grated cocoanut and castor sugar. Put it in a saucepan over a slow fire till it becomes moist, taking care it does not burn, stir in a little white of egg. Pour it on a dish to dry, place small piece on rice paper, and bake in a slow oven for 20 minutes.

460.—Dough Nuts.

1 lb. flour.
2 ozs. lard.
½ teaspoonful salt.
½ oz. German yeast.
⅓ pt. milk.
2 eggs.
jam.

Put the lard and milk in a saucepan. Test the yeast with a teaspoonful of sugar. Make a well in the centre of the flour, pour in the milk and lard and well-beaten eggs, add the yeast and mix to a dough. Put it to rise in a warm place for an hour. Roll out on a floured board, cut into rounds a quarter of an inch thick, put a little jam on one piece, moisten the edges. Cover with another round, press together. Fry in hot fat. When cooked, drain and roll in castor sugar.

461.—Bath Buns.

1 lb. flour.
¼ lb. butter.
¼ lb. sugar.
2 ozs. mixed peel.
2 ozs. sultanas.
3 eggs.
½ teaspoonful carbonate of soda.
2 tablespoonfuls hot milk.

Rub the butter into the flour, add the sugar, peel, sultanas. Beat the yolks of three eggs thoroughly, and the whites to a stiff froth. Melt the soda in the hot milk, mix it with yolks, and mix in gradually to the dry ingredients. Stir the whites in last, and drop in spoonfuls on a buttered

baking sheet. Bake in a quick oven for about 10 minutes.

462.—Lemon Buns.

¾ lb. flour.
3 ozs. butter.
3 ozs. lard.
6 ozs. castor sugar.
grated rind of lemon.
1 teaspoonful baking powder.
2 eggs.

Rub the butter and lard into the flour, add sugar, baking powder, and grated lemon rind, mix with the eggs. Place in small rough heaps on a greased baking *sheet*, and bake about 15 minutes.

463.—Chelsea Buns.

1 lb. sifted flour.
2 ozs. butter.
3 ozs. castor sugar.
2 ozs. peel.
1 gill milk.
1 egg.
2 teaspoonfuls baking powder.

Rub the butter into the flour, add baking powder and sugar. Beat up egg and mix 3 parts of it with the milk, add it to the flour and mix to a dough, knead it and roll it out half an inch thick. Brush it over with rest of the egg, and sprinkle with sugar and shredded peel. Roll up like a bolster, cut it into slices an inch thick Lay on a greased tin, and bake in a quick oven 20 minutes.

464.—Ginger Biscuits.

½ lb. flour.
4 ozs. butter.
4 ozs. sugar.
1 oz. ground ginger.
pinch of cayenne.
1 egg.
½ gill sherry.
preserved ginger.

Sift the flour, rub the butter in, and add the sugar, ginger, and cayenne. Mix with the beaten egg and a little sherry. Roll out on a floured board, cut into rounds, sprinkle with sugar, and put a small piece of ginger on each. Bake in a moderate oven about 15 minutes.

465.—Water Biscuits.

1 lb. sifted flour.
3 ozs. butter.
pinch of salt.
water.

Rub butter into flour until quite smooth, make into a stiff paste with cold water, roll out very thin. Prick well and stamp into rounds. Bake in a moderate oven till crisp.

466.—Vanilla Cookies.

½ lb. flour.
2 ozs. butter.
4 ozs. sugar.
2 eggs.
½ teaspoonful baking powder.
vanilla essence.

Sift the flour, rub in the butter, add the sugar and baking powder. Mix to a soft light dough with beaten eggs, add vanilla essence. Roll out thinly, cut into rounds, sprinkle with sugar. Bake in a moderate oven from 10 to 15 minutes.

467.—Gingerbread Biscuits.

1 lb. flour.
2 ozs. butter.
3 ozs. lard
½ oz. chopped peel.
½ oz. ginger.
6 ozs. brown sugar.
½ lb. treacle.
2 teaspoonfuls baking powder.

Put all the dry ingredients in a basin, warm the treacle, and make into a good dough with flour, etc. Roll out thin and cut into rounds with a pastry cutter. Place on a well-greased tin, and bake slowly till the biscuits are brown and crisp.

468.—White Gingerbread.

1 lb. flour.
½ lb. butter.
½ lb. castor sugar.
1 lemon.
1 oz. ground ginger.
½ teaspoonful carbonate of soda.
1 gill milk.

Rub the butter into the flour, add the sugar and the finely chopped rind of 1 lemon. Warm

the milk and dissolve the soda in it, add it to the other ingredients. Knead the whole into a nice smooth paste. Roll out, and cut into rounds and bake.

469.—American Gingerbread.

8 ozs. flour.
4 ozs. butter.
1 gill golden syrup.
2 ozs. brown sugar.
1 oz. ground ginger.
½ oz. mixed spice.
1 teaspoonful carbonate of soda.
3 eggs.
½ gill milk.
4 ozs. almonds.
pinch of salt.

Rub the butter into the flour, and mix in all the dry ingredients. Dissolve the soda in the milk. Beat the eggs, add the syrup, and mix into the dry ingredients. Add the dissolved soda last, and mix quickly but thoroughly. Pour into a flat tin lined with buttered paper, and bake in a moderate oven. Glaze with a little syrup when nearly cooked.

470.—Viennese Icing.

4 ozs. fresh butter.
6 ozs. icing sugar.
flavouring.
colouring.

Beat the butter with the sifted icing sugar until soft and creamy. Add any flavouring and colouring, according to the kind of cake required.

For chocolate butter, add chocolate powder and vanilla essence.

For coffee butter, add coffee essence.

CHAPTER IX.

SAUCES—STORE SAUCES AND PICKLES (471 to 529).

471.—White Sauce.

2 ozs. butter.
2 ozs. flour.
1 pt. milk.
salt and pepper.

Melt the butter, stir in flour, allow it to cook without taking any colour. Add the milk gradually, mix smoothly, stir till it boils. Boil for 5 minutes, add the seasoning. This is the foundation white sauce. By adding various ingredients to this a great variety of sauces can be easily made, such as caper, parsley, egg, anchovy, shrimp, onion, celery, etc.

472.—Béchamel Sauce.

2 ozs. butter.
2 ozs. flour.
1 small shallot.
6 peppercorns.
blade of mace.
strip of lemon peel.
bunch of herbs.
½ pt. white stock.
½ pt. milk.
½ gill cream.
salt and pepper.

Put the milk or stock into a saucepan with the shallot and the peppercorns, mace, lemon, herbs, etc., tied in muslin. Simmer for 15 minutes. Melt the butter in a saucepan, add the flour, cook together for a few minutes. Add the flavoured milk and stock, stir till it boils. Boil well for 5 or 6 minutes, add seasoning and cream. Rub through a sieve or tammy cloth, and re-heat.

473.—Brown Sauce.

2 ozs. butter.
1 onion.
1 carrot.
1½ ozs. flour.
1 pt. stock.
salt and pepper.

Peel the onion and chop, scrape the carrot, cut into dice. Melt the butter in a saucepan, add the vegetables, and fry a good brown, do not let them burn. Stir in the flour, and brown, add the stock and stir till it boils. Simmer for 10 minutes, and skim off fat as it rises. Season and strain well, and it is ready for use.

474.—Espagnole Sauce.

2 ozs. butter.
2 ozs. flour.
1 shallot.
1 carrot.
2 or 3 tomatoes.
1 oz. ham.
2 or 3 mushrooms.
1 pt. brown stock.
salt and pepper.

Melt the butter, fry the chopped shallot, ham, carrot, and mushrooms until a golden brown; add the flour and brown it. Stir in the stock gradually, bring slowly to boiling point, stirring all the time, add the tomatoes. Let it boil very gently for 15 to 20 minutes, skimming and stirring occasionally. Strain through hair sieve or tammy cloth, and it is ready for use.

This is the foundation brown sauce. A great variety of brown sauces can be made by adding various ingredients to this foundation.

475.—Madeira Sauce.

1 pt. Espagnole sauce. ½ gill Madeira or sherry.
½ oz. meat glaze.

Heat the sauce, add the wine. Boil for 10 minutes, add the meat glaze, and it is ready for use.

476.—Piquante Sauce.

½ pt. Espagnole sauce.
1 dessertspoonful capers.
1 shallot.
1 gherkin.
½ gill vinegar.
juice of ½ lemon.
1 teaspoonful chopped parsley.
salt and pepper.

Chop the capers, shallot, gherkin, and parsley finely. Put them, with the vinegar, in a saucepan, and cook for a few minutes, add the Espagnole sauce. Boil up, season, and it is ready for use.

477.—Orange Sauce.

½ pt. Espagnole sauce.
½ lemon.
1 teaspoonful red jelly.
1 gill stock
1 orange.
salt and cayenne.

Put the Espagnole sauce in a saucepan, add the orange juice, red currant jelly, and stock, boil until reduced and thick. Cut the peel of the orange into thin shreds, boil them for 1 minute in water. Add them to the sauce with a little lemon juice, and season with salt and cayenne. Serve with wild duck and other game.

478.—Tomato Sauce.

2 ozs. butter.
2 ozs. flour.
1 lb. tomatoes.
1 shallot.
1 carrot.
2 ozs. lean ham.
pinch sugar.
pinch of herbs.
½ pt. stock.
salt and pepper.

Melt the butter in a saucepan, fry the chopped shallot, ham, carrot, roughly chopped, for a few minutes. Add the flour, and cook, allowing it to brown slightly. Stir in the stock smoothly, bring it to the boil, add tomatoes, cut in slices. Simmer for 30 minutes, stirring occasionally. Strain and sieve, add sugar, salt and pepper.

479.—Brown Chestnut Sauce.

½ lb. chestnuts.
½ pt. Espagnole sauce (No. 474).
½ pt. stock.
1 oz. butter.
salt and cayenne.
nutmeg.

Bake the chestnuts until the skins and shells can be removed, then boil them until tender in stock. Rub through a hair sieve, add Espagnole sauce and butter, season with a grate of nutmeg, salt and cayenne. Simmer for a few minutes, and serve.

480.—Port Wine Sauce.

1 pt. brown sauce (No. 473).
1 gill port wine.
1 dessertspoonful red currant jelly.
salt and cayenne.

Put the brown sauce in a saucepan, add the red currant jelly and port wine. Season well with salt and cayenne, and simmer together for a few minutes. Strain and serve. This sauce is usually served with game of various kinds.

481.—Italian Sauce.

½ pt. Espagnole sauce.
bunch of herbs.
½ gill sherry.
a few mushrooms.
4 shallots.
salt and pepper.

Add the herbs, chopped shallots, and mushrooms to the Espagnole sauce. Simmer gently for 15 to 20 minutes, add the sherry and seasoning. Strain it, and it is ready for use.

482.—Devil Sauce.

½ pt. brown sauce.
10 peppercorns.
½ gill vinegar.
1 oz. butter.
2 shallots.
1 teaspoonful made mustard.
1 teaspoonful Worcester sauce.
cayenne.

Crush the peppercorns and chop the shallots, cook them in the vinegar, and reduce by boiling,

Add the brown sauce, and simmer for 10 minutes, then add mustard and Worcester sauce. Season with salt and cayenne, and add the butter gradually last of all, and serve.

483.—Bearnaise Sauce.

1 gill béchamel sauce.
3 shallots.
3 ozs. butter.
½ gill vinegar.
6 peppercorns.
½ gill tarragon vinegar.
4 eggs.
salt and cayenne.

Chop the shallots and put them in a stewpan with the vinegar and crushed peppercorns. Reduce them till about one-third of the quantity. Strain it, and return to the pan with the béchamel sauce. When hot add the beaten yolk of 4 eggs, stir well and cook the eggs, but do not allow the sauce to boil. Add the butter in small pieces, season, and serve.

484.—Mornay Sauce.

(For Fish)

½ pt. béchamel sauce.
2 ozs. grated Parmesan cheese.
½ gill fish stock.
1 tablespoonful cream.
½ oz. butter.
salt and pepper.

Boil up the béchamel sauce with the fish stock, and reduce it, add the grated cheese, cream, and seasoning. Put in the butter in small pieces, allowing each to melt before adding the next, or the sauce will oil. Omit the fish stock if used for meat and vegetables, etc.

485.—White Chestnut Sauce.

½ lb. chestnuts.
½ pt. white stock.
1 gill cream.
1 oz. butter.
strip of lemon rind.
salt and cayenne.

Bake the chestnuts until the shells and skins can be easily removed, then boil them till tender

in stock, with a strip of lemon peel. Rub them through a hair sieve, add a little more stock if necessary, the butter and cream, season well with salt and cayenne. Serve with turkey and fowl.

486.—White Wine Sauce.

½ pt. béchamel sauce (No. 472).
½ gill fish stock.
½ gill white wine.
2 yolks of eggs.
½ lemon.
salt and cayenne.

Put the béchamel sauce in a saucepan, add the fish stock and white wine, simmer for a few minutes. Then add yolks of eggs, and cook, but on no account allow the sauce to boil, or the eggs will curdle. Season with lemon juice, and salt and cayenne.

487.—Hollandaise Sauce.

4 ozs. butter.
4 yolks of eggs.
1 shallot.
1 bay leaf.
sprig of thyme.
1 tablespoonful vinegar.
salt and pepper.

Simmer the flavourings in the vinegar. Melt the butter in a saucepan, and mix in the yolks. Stir till the sauce thickens. Strain the vinegar, and add to the yolks and butter. Season with salt and pepper. This sauce is best made in a double saucepan. It must not boil or the eggs will curdle.

488.—Mock Hollandaise Sauce.

½ pt. béchamel sauce. (No. 472).
2 yolks of eggs.
juice of ½ a lemon.
salt and cayenne.

Add the yolks to the béchamel sauce. Cook, but do not allow it to boil, add lemon juice, salt and cayenne. This sauce is served with fish and dressed vegetables.

489.—Curry Sauce.

1 oz. butter.
1 small apple.
1 or 2 shallots.
½ oz. flour.
½ oz. curry powder.
½ pt. stock.
1 dessertspoonful chutney.
lemon juice.
pinch of sugar.
salt.

Chop the shallots and apple finely, cook them a pale brown in the butter. Add the flour and curry powder, and cook for 15 minutes, stirring occasionally. Stir in the stock smoothly, and simmer for 20 minutes, skimming off the fat as it rises. Strain, and add the chutney, lemon juice, and seasonings, and serve as directed.

490.—Soubise Sauce.

½ pt. béchamel sauce (No. 472).
5 or 6 onions.
⅜ gill cream.
salt and pepper.

Peel the onions, boil them till tender. Put the béchamel sauce into a saucepan, chop the onions very finely, and add to the sauce, with cream. Season well with salt and pepper, and serve.

491.—Mushroom Sauce.

1 doz. mushrooms.
½ pt. Espagnole sauce.
½ gill sherry.
salt and cayenne.

Chop the mushrooms very finely. Put them in a saucepan with the sherry with a little of the mushroom liquor. Boil until reduced to half the quantity. Add the Espagnole sauce, and season well.

A white mushroom sauce is made in a similar way with béchamel sauce, cream, and white stock and wine.

492.—Ravigote Sauce.

1 pt. béchamel sauce.
2 shallots.
½ gill vinegar.
½ gill cream.
1 teaspoonful chopped tarragon.
1 teaspoonful chopped chervil.
salt and cayenne.

Chop the shallots finely, cook till reduced in the vinegar, add the sauce. Stir till it boils, strain, and add herbs and cream. Season well with salt and cayenne, and serve.

Cold ravigote sauce is made by adding finely chopped parsley, shallot, chervil, tarragon, and chives to mayonnaise sauce, and colouring it pale green.

493.—Cardinal Sauce.

½ pt. béchamel sauce (No. 472).
½ gill fish stock.
lemon juice.
½ gill cream.
1 oz. lobster butter (No. 498).
salt and cayenne.

Add the fish stock to the sauce, and boil for a few minutes, add the juice of half a lemon. Season well with salt and cayenne, add cream, and stir in lobster butter. Strain and serve.

494.—Tartare Sauce.

½ pt. mayonnaise.
1 tablespoonful capers.
1 tablespoonful gherkin.
1 tablespoonful chopped parsley.
½ teaspoonful chopped tarragon and chervil.

Make the mayonnaise sauce. Chop the capers and gherkins finely, add with parsley, chervil, and tarragon. Serve with fish, dressed vegetables, etc.

495.—Chaudfroid Sauce.

½ pt. velouté sauce.
4 leaves of gelatine.
1 gill aspic jelly (No. 584)
1 gill cream.
salt.

Melt the gelatine with the aspic. Put the velouté sauce in a saucepan, stir in the aspic and

gelatine. Strain and add the cream, and it is ready for use.

A brown chaudfroid sauce is made by adding 1 gill aspic and 4 sheets of gelatine to ½ pint of brown sauce, and used to coat meat as required.

496.—Ham Butter.

2 ozs. ham.
2 ozs. butter.
1 yolk of hard-boiled egg.

Chop the ham very finely. Pound together with butter and yolk of egg until very smooth. Use for garnishing and flavouring.

497.—Green Butter.

½ lb. butter.
3 anchovies.
1 small bunch of parsley.

Wash and pound anchovies. Scald the parsley, remove stalks, rub through a sieve, and pound altogether with butter.

498.—Lobster Butter.

1 lobster shell.
coral and spawn.
butter.
cayenne.

Pound the shell, coral, and spawn in a mortar with 1 to 1½ ozs. butter. Season well, and rub through a fine sieve.

SWEET SAUCES.

499.—Jam Sauce.

2 tablespoonfuls jam.
1 oz. castor sugar.
juice of ½ lemon.
1 gill water.
½ glass claret.
carmine.

Boil the jam, sugar and water together, add claret and lemon juice. Colour it with carmine, strain, and serve.

500.—Apricot Sauce.

2 tablespoonfuls apricot jam.
juice of ½ lemon.
½ pt. water.
1 teaspoonful cornflour.

Mix the cornflour smoothly in a basin with a little water. Put the jam and water into a saucepan and boil for a few minutes, then add the cornflour, boil again. Add the lemon juice and strain. A little sugar may be added if not sweet enough.

501.—Maraschino Sauce.

½ pt. white sauce.
½ oz. sugar.
1 teaspoonful grated lemon rind.
1 teaspoonful chopped pistachio nuts.
1 tablespoonful maraschino

Heat the white sauce in a saucepan, add the lemon peel, sugar, pistachio nuts, and maraschino, and serve.

502.—Rum Sauce.

4 ozs. loaf sugar.
1 gill water.
½ gill rum.
lemon rind.

Boil the sugar and water with very thin strips of lemon for 6 minutes. Add the rum, and boil a few moments longer. Strain and serve.

503.—Marmalade Sauce.

2 tablespoonfuls marmalade.
1 gill water.
lemon juice.
1 dessertspoonful sugar.

Boil together for 5 minutes and strain.

504.—Orange Sauce.

4 oranges.
2 ozs. loaf sugar.
1 oz. arrowroot.
1 tablespoonful orange flower water or curaçoa.

Rub the rind of 2 of the oranges over the lumps of sugar. Put it into a stewpan with the juice and pulp of 4 oranges rubbed through a sieve, add

arrowroot. Stir till it boils and thickens. Flavour with orange flower water or curaçoa. This sauce is suitable for puddings or cakes.

505.—Brandy Sauce.

½ oz. cornflour.
½ pt. milk.
1 oz. castor sugar.
1 glass brandy.

Mix the cornflour smoothly with the milk, stir until it boils. Add the sugar and brandy, and it is ready for use.

506.—Custard Sauce.

3 yolks of eggs.
¾ pt. milk.
1 oz. sugar.
flavouring.

Beat the yolks of eggs in a basin. Boil the milk in a saucepan with lemon peel or bay leaf. Pour it on to the eggs, stirring all the time. Strain into a saucepan, stir until the sauce thickens, but do not allow it to boil, add the sugar. Vanilla or sherry may also be used to flavour instead of lemon or bay leaf.

507.—Brandy Cream.

2 ozs. fresh butter.
2 ozs. icing sugar.
wine-glass sherry and brandy mixed.

Beat the butter to a cream, add the sherry and brandy, and beat to a stiff, smooth paste. This is excellent served with Christmas pudding.

508.—German Sauce.

3 yolks of eggs.
1 gill sherry.
2 ozs. castor sugar.
1 teaspoonful lemon juice.

Put wine, sugar, and lemon juice in a saucepan, let it get hot. Pour in yolks of eggs and whisk it over fire until it becomes thick and frothy.

509.—Brine for Pickling Vegetables.

1 gallon vinegar.
¼ lb. peppercorns.
¼ lb. mace.
¼ lb. bruised ginger.
¼ lb. mustard seeds.
¼ lb. cloves.
2 teaspoonfuls salt.
few small onions.

To pickle vegetables take ¼ lb. salt to each quart water, pour over prepared vegetables, and let it remain 3 days, change it, and let it remain a fortnight. Well wash in fresh water, bottle and cover with vinegar and water. Leave 24 hours, pour it off. Boil the vinegar, spices, and onions together for 15 minutes. When cold strain over the vegetables.

510.—Vegetable Marrow Pickle.

To each quart of vinegar add—

4 ozs. sugar.
1½ ozs. crushed ginger.
1¼ ozs. dry mustard.
salt.
6 chillies.
1 clove of garlic.
½ oz. turmeric.

Boil the sugar, garlic, and spices in the vinegar until well flavoured. Peel the marrows and cut into 2 inch pieces, remove seeds. Put it into the boiling vinegar and cook gently for 15 minutes, turn into a large bowl. When cold lift the pieces into pickle bottles, pour in the vinegar, cover closely. It will be ready in two or three weeks.

511.—India Pickle.

2 qts. vinegar.
¼ lb. salt.
2 ozs. ginger.
½ oz. mace.
½ lb. shallots.
1 oz. white pepper.
2 ozs. mustard seeds.
2 ozs. flour of mustard.
1 tablespoonful cayenne.

Put all the ingredients into a large earthenware jar with a good fitting lid, except the flour of mustard and cayenne. Keep back a little of the vinegar to mix mustard and cayenne to a smooth

paste. Cook all the ingredients in the vinegar, when cold add mustard and cayenne. Gather the vegetables when dry, wipe them and put them in the sauce. Scrape in plenty of horse-radish. To be kept 12 months before used.

512.—To Bottle Tomatoes.

Fill some wide necked bottles with ripe tomatoes, cover with water. Tie down tightly with bladder, and stand the bottles in a fish kettle of cold water, let it come to the boil. Remove the fish kettle from the fire and leave the bottles till cold.

513.—Chutney.

1½ lbs. apples.
1½ lbs. tomatoes.
1 lb. gooseberries.
1 lb. raisins.
3 lbs. brown sugar.
3 ozs. salt.
1 oz. ginger.
2 ozs. garlic.
¼ oz. cayenne.
2 ozs. mustard seeds.
2 ozs. shallots.
2 pts. vinegar.

Cut the fruit into quarters, boil in 1 pint of vinegar till tender. Boil the sugar in the other pint of vinegar, and when both are quite cold mix them together and add all the other ingredients. The raisins must be finely chopped, and the garlic and shallots chopped, the mustard seeds bruised in a mortar. Put in a large jar and keep uncovered for 2 weeks, then cover it.

514.—Madras Chutney.

3 qts. green gooseberries.
2 qts. vinegar.
½ oz. cayenne.
2 ozs. ground ginger.
1 lb. raisins.
2 ozs. garlic.
1 lb. mustard seeds.
1 lb. brown sugar.
1 oz. salt.

Boil the gooseberries in 1 quart of vinegar until soft. Mash them and add the raisins, stoned and chopped, the garlic chopped finely, and the sugar,

salt, ginger, cayenne, and mustard seeds. Mix well together, rub through a colander, add another quart of vinegar, and boil till it thickens.

515.—Bengal Mango Chutney.

1½ lbs. moist sugar.
½ lb. salt.
¼ lb. onions.
¾ ozs. powdered ginger.
2 pts. vinegar.
¼ lb. dried chillies.
¾ lb. mustard seeds.
¾ lb. stoned raisins.
30 large sour apples.

Make the sugar into a syrup, wash mustard seeds in vinegar and dry them in the sun. Pound these with the garlic, onions, and ginger in a mortar till very fine. Peel, core, and slice the apples, boil them to a pulp in 1½ pints vinegar. When cold stir in all the other ingredients and add the remaining ½ pint vinegar.

516.—Date Chutney.

1 lb. apples.
1 lb. onions.
2 lbs. brown sugar.
1½ lbs. sultanas.
2 ozs. mustard.
2 ozs. salt.
½ lb. currants.
1 lb. dates.
1 oz. ground ginger.
1 small bottle mango chutney.
2 qts. vinegar.
little cayenne.

Boil apples and onions to a pulp, add all the other ingredients and boil well together until the consistency of chutney, that is about 2 hours. Figs may be used instead of dates.

517.—Tomato Chutney (1).

4 lbs. tomatoes.
½ lb. moist sugar.
2 ozs. salt.
1 lb. raisins.
4 ozs. garlic.
6 large apples.
1 oz. ground ginger.
1 teaspoonful cayenne.
2 tablespoonfuls treacle.
1 oz. mustard.
2 pts. vinegar.

Peel and core the apples, boil them, with tomatoes and garlic, to a pulp in 1 pint vinegar,

rub through a sieve. Boil sugar, treacle, and stoned and chopped raisins for 20 minutes in the rest of the vinegar. Add tomato pulp, salt, mustard, ginger, and cayenne, stir well. Boil till thin.

518.—Tomato Chutney (2).

6 lbs. ripe tomatoes.
3 lbs. sour apples.
¼ lb. salt.
½ lb. brown sugar.
6 ozs. ground ginger.
¼ cloves of garlic.
1 lb. shallots.
1 oz. mustard seeds.
3 pts. vinegar.

Scald and remove skins of tomatoes. Slice them and put in an earthenware jar with vinegar, salt and apples, previously peeled and chopped. Cook in a slow oven, when soft rub through a sieve. Add sugar, ginger, mustard seeds, garlic and shallots finely chopped. Boil three-quarters of an hour. Leave in a warm place 3 days. Sultanas and preserved ginger may be added.

519.—Tomato Chutney (3).

28 sour apples.
18 large tomatoes.
2 lbs. raisins.
2 ozs. salt.
½ oz. mustard seeds.
1 oz. chillies.
1 lb. onions.
little garlic.
2 lbs. raw sugar.
2 qts. vinegar.

Put all the ingredients into a large saucepan, apples and tomatoes *whole* and not peeled. Boil to a pulp and quite thick, it will take 2 hours or more. Pass through a sieve, put into bottles, and tie down with bladder.

520.—Tomato Chutney (4).

6 large tomatoes.
¼ pt. vinegar.
6 shallots.
little garlic.
6 cloves.
2 chillies.
1 tablespoonful mustard.
1 oz. sugar.
blade of mace.

Bake the tomatoes till soft. Remove skin and beat to a pulp, add the vinegar and all other

ingredients, boil all together for 10 minutes. Add the shallots finely chopped, and boil another 10 minutes.

521.—Tomato Chutney (5).

3 lbs. green tomatoes.
1 lb. sugar.
2 ozs. salt.
½ pt. vinegar.
½ lb. raisins.
½ oz. ground ginger.
½ nutmeg.
½ oz. chillies.
½ oz. garlic.
4 apples.

Boil all together about 2 hours very gently.

522.—Tomato Chutney (6).

Take some ripe tomatoes, pour boiling water over them, remove the skins and slice them. To every 2 pints allow—

1 tablespoonful mustard.
1 tablespoonful salt.
1 tablespoonful pepper.
½ tablespoonful allspice.
2 pods red pepper.

Put all the ingredients into a small saucepan with ½ pint vinegar. Cook slowly for 3 hours.

523.—Green Tomato Chutney.

9 lbs. green tomatoes.
3 lbs. onions.
salt.
2 qts. vinegar.
1 lb. Demerara sugar.
¼ lb. crushed spice (peppercorns, allspice, ginger, cloves, mustard seeds, and chillies.)

Put the tomatoes, cut in slices, in a pan, and sprinkle each layer with salt. Let it stand 12 hours, then drain it and put in a stewpan with the vinegar, sugar and crushed spices tied in a muslin bag. Simmer all together until the tomato is tender.

524.—Tomato Sauce (1).

10 lbs. tomatoes.
1 pt. vinegar.
2 ozs. salt.
½ oz. chives.
1 oz. garlic.
1 oz. allspice.
½ lb. white sugar.
½ oz. black pepper.
½ oz. cayenne.

Boil or bake tomatoes till clear. Strain, and rub them through a sieve, add vinegar, and boil 1 hour. Add all the spices and flavourings. Boil for 5 hours until all is smooth and not watery.

525.—Tomato Sauce (2).

12 tomatoes.
12 chillies.
6 ozs. apples.
6 ozs. sugar.
6 ozs. salt.
3 or 4 shallots.
3 ozs. ginger.
1 qt. vinegar.

Chop the ingredients and pound well in a mortar. Put it into bottles or jars. This sauce is not boiled.

526.—Tomato Sauce (3).

tomatoes.
salt.
vinegar.
cayenne.

Bake the tomatoes till tender. Cut out the hard stalk, chop the skin finely, and put skin and pulp into a stewpan and simmer until the juice is nearly all boiled away. Pass it all through a sieve, weigh it, and to every pound add ½ oz. salt, 10 grains cayenne pepper, 3 ozs. liquid vinegar. Boil the whole until it becomes thick. Put it in small bottles, and cork tightly.

527.—Tomato Sauce (4).

25 lbs. tomatoes.
4 lbs. onions.
2 ozs. garlic.
1 lb. sugar.
½ lb. salt.
2 ozs. ground ginger.
¼ oz. cayenne.
¼ oz. oil of cloves.
1 oz. spirits of wine.
4 ozs. best acetic acid.

Slice the onions, tomatoes, and garlic. Boil together for 2 hours. When soft pass through a

colander and return to the stewpan. Add all the other ingredients and boil till thick.

528.—Tomato Sauce (5).

3 lbs. tomatoes.
¼ lb. shallots.
2 ozs. garlic.
1 blade mace.
¼ lb. sugar.
1 oz. white pepper.
1 teaspoonful salt.
½ oz. cayenne.
2 pts. vinegar.

Wipe the tomatoes and put them in a jar in a slow oven, and leave till the next morning. Pour off the thin part, rub the rest through a sieve. Add the other ingredients, and boil till the shallots and garlic are tender. Pass through a sieve again, return to the pan, and boil till the consistency of cream. When quite cold bottle it.

529.—Chutney Sauce.

2 ozs. loaf sugar.
4 ozs. tamarinds.
2 ozs. garlic.
2 ozs. mustard seeds.
½ oz. cayenne.
½ oz. ginger.
4 large apples.
1 oz. salt.
4 onions.
6 tomatoes.
1½ ozs. capsicums.
1½ ozs. shallots.
2 ozs. raisins.
1 qt. vinegar.

Stone raisins and tamarinds, chop apples, onions, garlic, and shallots. Pound the whole well in a mortar, add the vinegar, and simmer in a stewpan for 5 hours. Rub through a colander, if too thick add little more vinegar. Bottle when cold.

CHAPTER X.

INVALID DISHES.
(530 to 562.)

530.—Meat Jelly.

1 chicken.
1 lb. lean veal.
1 lb. shin beef.

Cut up the meat, put it in a jar without water, stand in a pan of water, and allow it to cook slowly until all the juice is drawn out. Season to taste. Strain it, and leave it till it becomes a jelly.

531.—Beef Extract in Wine.

½ lb. lean beef.
¼ pt. port wine

Shred the meat finely, pour the wine over it. Allow it to stand 24 hours covered. Strain and bottle it.

532.—Meat Lozenges.

3 lbs. beef steak.
1 oz. gelatine.
salt to taste.
½ oz. butter.

Cut the meat into dice, removing all the fat and skin. Put it in a stewpan with butter and salt. Stew gently in a double stewpan, drain off the gravy as it comes, and into 1 pint of it soak the gelatine for 2 hours, add the rest of the gravy. Boil and skim to reduce the extract until it assumes the appearance of glaze. Pour it on a wet plate, let it set. When cold cut into lozenges.

533.—Beef Tea.

5 lbs. lean shin of beef. 2 qts. water.

Cut up the beef and pass it through a mincing machine. Put it in a stewpan with 2 quarts of cold water. Stir till it boils, then remove to the side of the stove, or put it in the oven to cook gently for 6 hours. Strain it through a coarse sieve, allowing the sediment of the beef to remain in the tea.

534.—Clear Beef Tea.

2 lbs. best beef steak. 1 tablespoonful water.

Shred the beef finely, put it in a stone bottle with a tablespoonful water, cork it tightly. Place the bottle in a pan of cold water sufficient to cover it, and let it come gently to the boil. Simmer for 4 hours, then strain it.

535.—Raw Beef Juice.

½ lb. raw beef. pinch of salt.
½ pt. water.

Shred the beef finely, cover with ½ pint cold water, and add a large pinch of salt. Let it stand 2 hours, then strain it through a sieve, and after through muslin. Serve in a red glass.

536.—Raw Beef Sandwiches.

3 ozs. raw beef. salt and pepper.
bread and butter.

Shred the raw beef very finely, rump steak is the best to use. Sprinkle with salt and pepper. Cut some thin brown bread and butter, spread one slice with meat, press on another, trim, and cut into neat sandwiches. Serve on a folded serviette or lace paper, garnish with parsley.

537.—Invalids' Egg and Rice.

1 tablespoonful rice.
milk.
little butter.
salt and pepper.
1 egg.
chopped parsley.

Boil the rice in milk till quite tender, season with salt and pepper. Stir in a small piece of butter. Place in china scallop shell, put a poached egg on it, sprinkle over chopped parsley, and serve.

538.—Treacle Posset.

1 pt. milk.
2 tablespoonfuls treacle.

Boil 1 pint milk, stir in the treacle. Let it boil up, and when it curdles strain through a fine sieve. Serve the whey very hot at bedtime as a remedy for a cold.

539.—Cocoa Pudding.

½ pt. cream.
2 teaspoonfuls Fry's cocoa essence.
little saccharin.
2 eggs.
vanilla.

Sweeten the cream with saccharin, stir in the cocoa essence, and add the eggs, well beaten, flavour with vanilla. Bake in a slow oven until set, and serve.

540.—Orange Glory.

6 oranges.
½ pt. Nelson's jelly.
½ pt. boiling water.
castor sugar.

Squeeze the juice of three oranges into a glass dish, cut the other three in slices. Take the jelly and dissolve it in hardly ½ pint of boiling water, pour over the oranges. Cover the whole with castor sugar, and serve.

541.—Tripe with White Sauce.

1 lb. tripe.
½ pt water.
2 onions.
1 oz. flour.
2 gills milk or cream.
salt and pepper.

Blanch the tripe by putting it in a saucepan with cold water, and bringing to the boil, strain

it. Cut in neat pieces, put it in a stewpan with finely chopped onion and water, simmer for 2 to 3 hours. Mix the flour smoothly with milk, add to the tripe. Stir all the time till it thickens, season and serve. The onions may be omitted if not allowed, but the tripe is tasteless without them.

542.—Stewed Sweetbreads.

sheep's sweetbreads.
1 onion.
1 oz. flour.
1 oz. butter.
2 cloves.
½ pt. milk.
strip of lemon peel.
salt and pepper.

Blanch the sweetbreads, put them in a stewpan with an onion stuck with cloves, and a strip of lemon peel, and milk. Simmer gently for 1½ hours, take them out, and press them between two plates. Make a white sauce with the butter, flour, and milk the sweetbreads were cooked in. Cook for 10 minutes, season well. Re-heat the sweetbreads, add a little cream, and serve with a border of rice.

543.—Onion Porridge.

1 Spanish onion.
1 oz. butter.
little milk.
1 pt. water.
salt and pepper.

Peel the onion and divide into quarters. Put it in a stewpan with butter and water, salt and pepper. Boil gently for half an hour till it will pass through a sieve. Return it to the pan, stir in little milk, and serve very hot.

544.—Black Currant Jam Tea.

2 tablespoonfuls black currant jam.
1 pt. water.

Put the jam with the water in a clean white saucepan, and allow it to simmer gently for half an hour, strain it. If taken for a cold, drink as

hot as possible; if to alloy thirst, drink it cold. More jam can be used in cases of sore throat.

545.—Cabbage Lettuce Water.

6 or 8 cabbage lettuces. sugar.
1 gallon water.

Boil the lettuces in the water till tender, strain, and sweeten to taste, and let it get cold. Drinking a quantity of this creates copious perspiration. It is much used by French doctors, and is one of the finest drinks for fevers and measles.

546.—Oatmeal Soup.

2 ozs. oatmeal. salt and pepper.
1 pt. cold water. chopped parsley.
1 pt. broth.

Put the oatmeal into a basin, pour over the cold water, and allow it to stand. Then pour over it 1 pint strong broth, and stir quickly. Strain it into a saucepan, and boil for 10 to 15 minutes, season well and serve with chopped parsley sprinkled on the top.

547.—Sea Kale.

1 bundle seakale. white sauce (No. 471).
toast. salt and pepper.

Thoroughly wash the sea kale, trim, and tie with tape. Boil in salted water with a little lemon juice until tender, drain well. Place on a square of buttered toast, coat with a well seasoned white sauce.

548.—Milk Broth.

1 egg. chopped parsley.
½ pt. milk. salt and pepper.

Beat the egg up lightly, pour over it the boiling milk. Season nicely with salt and pepper, sprinkle over chopped parsley and serve.

549.—Oyster Fritters.

12 oysters.
frying batter (No. 583).

Remove the beards from the oysters, make a frying batter, put each oyster into a tablespoon, dip it in the batter, drop it coated with the batter into hot fat. Fry a delicate brown. They will take about a minute and a half. Drain on paper, and serve on a hot dish immediately.

550.—Baked Sole.

1 sole.
butter.
lemon juice.
1 gill white sauce (No. 471).
salt and pepper.
chopped parsley.

Skin and fillet the sole, sprinkle on salt, pepper and a little lemon juice on each fillet. Fold over, bake on a greased tin in a moderate oven for 10 to 15 minutes. Serve on a hot dish, coated with the white sauce made hot, and nicely seasoned, and the liquor that comes from the fish added. Sprinkle with chopped parsley, and serve.

551.—Pearl Barley Pudding.

1 oz. pearl barley.
1 pt. milk.
1 oz. butter.
1 egg.
sugar to taste.
flavouring.

Wash the pearl barley, boil the milk, stir in the barley, and simmer till the barley is tender, add the egg, flavouring and sugar to taste. Put in a pie-dish with the butter on the top in small pieces. Bake in a moderate oven.

552.—Sponge Cake Pudding.

2 sponge cakes.
½ pt. milk.
butter.
2 eggs.
little jam.
flavouring.

Well butter a pie-dish, crumble the sponge cakes, put over them a thin layer of jam, beat the eggs

thoroughly, add milk, and pour over the sponge cake and jam. Cook very slowly in a cool oven.

553.—Stewed Figs and Rice.

½ lb. dried figs.
½ pt. water.
2 cloves.
2 ozs. brown sugar.
strip of lemon peel.
3 ozs. Carolina rice.
milk.

Put the figs in cold water and soak them for an hour or so. Put them in a casserole with cloves, strip of lemon peel, and water. Cook slowly in the oven till quite soft. Boil the rice till tender. Add a little cream and serve with the figs.

554.—Milk Jelly.

1 pt. new milk.
1 oz. sugar.
½ oz. gelatine.
1 tablespoonful brandy.

Put the milk and sugar in a white-lined stewpan, and heat slowly. Dissolve the gelatine in a little water and add. Do not allow the milk to boil. When a little cool add the brandy, pour into a wetted mould, and turn out when set. Stewed fruit or jam may be served with it.

555.—Chicken Jelly.

1 chicken.
1 onion.
1 carrot.
small pinch herbs.
salt and pepper.
1 qt. water.

Cut the chicken up into joints, put into a stewpan with onion, carrot, and herbs. Cover with water and simmer gently for 4 or 5 hours. Season nicely, and pour the liquor through a very fine muslin, into a wet mould. Set aside to cool. When quite firm unmould and serve.

556.—Egg Jelly.

2 tablespoonfuls potato flour.
¾ gill water.
1 egg.
1 gill milk.
3 gills boiling water.

Mix the potato flour smoothly with cold water, beat the egg well. Add milk, pour over enough boiling water to thicken it, and convert it into a jelly. Put in a wet mould to set. It may be served alone or with milk and sugar. It is useful in cases of indigestion, when solid food cannot be taken.

557.—Prune Jelly.

½ lb. prunes.
4 ozs. sugar.
½ pt. water.
4 sheets gelatine.

Boil the sugar and water together for 10 minutes, then put in the fruit and stir till quite tender. Drain the liquor from the prunes and boil it till it becomes thick. Take out the stones from prunes and rub through a sieve, add purée to the syrup. Dissolve the gelatine and add with a squeeze of lemon juice. Pour into a mould and put aside to set.

558.—Steamed Savoury Custard.

2 eggs.
little butter.
½ pt. beef tea.
salt and pepper.

Beat the eggs thoroughly, add the beef tea. Pour into well-buttered dariole moulds, cover with buttered paper, and steam for about 15 to 20 minutes.

559.—Junket.

½ pt. milk.
1 teaspoonful rennet.
2 teaspoonfuls brandy.
½ oz. sugar.
cream.
nutmeg, cinnamon.

Warm the milk to 100 degrees Fahrenheit, add the sugar, brandy, and a pinch of cinnamon. Mix

in the rennet, pour into a glass dish or custard cups. Leave until cold, pour a little cream over, and grate with nutmeg.

560.—Cough Mixture.

4 ozs. honey.	1 gill vinegar.
4 ozs. golden syrup.	2d. paregoric.

Mix all together, using a bone spoon. Take a teaspoonful three times a day, or when the cough is troublesome.

561.—For Strengthening the Throat.

2 ozs. sugar candy.	2 ozs. isinglass.
2 ozs. gum arabic.	½ pt. port wine.

Put all these ingredients in a jar. Put the jar in a saucepan of hot water, simmer some hours, stir constantly. When all the ingredients are thoroughly mixed and clear, pour it into a shallow dish, well rubbed with butter. Cut into pieces when cold. A pinch of cayenne may be added for a relaxed throat.

562.—Cure for a Cold.

juice of 1 lemon.	60 drops of sal volatile.
20 drops of chloric ether.	4 lumps of sugar.

Place the ingredients in a tumbler, fill up with 3 parts of boiling water. Drink when going to bed.

CHAPTER XI.

PRESERVES AND BOTTLED FRUITS.
(563 to 582.)

563.—Orange Marmalade (1).

Cut the rind of the oranges into very thin strips, remove the pulp, take out the pips. To every pound of rind and pulp add ¾ pint of cold water, and allow it to soak for 24 hours, then weigh it. To every pound of orange add ¾ lb. of preserving sugar. Boil it and skim constantly. To test when done put some in a saucer in a cool place. If it jellies it is cooked enough. To each dozen oranges use 2 lemons, cut in the same way.

564.—Marmalade (2).

12 Seville oranges. 2 lemons.
8 sweet oranges. preserving sugar.

Remove the rind from the oranges in quarters, put them in a preserving pan with enough water to cover, boil till tender. Drain them and shred them finely, remove all the skin and pips from the pulp. Soak them with cold water and keep the pulp aside. Strain 2 pints of the liquid in which the skins were boiled, and the water the pips were soaked in, into a preserving pan. Add the same amount of sugar as there was fruit at first, boil to a syrup. Add shredded peel and pulp, boil till it

jellies when tested on a cold plate. Pour the marmalade into pots, and cover down with paper brushed with white of egg, or real jam papers.

565.—Apricot Jam.

apricots. preserving sugar.

Cut the apricots in halves and remove the stones, crack them and take out the kernels. Weigh the apricots, and to every pound of fruit add ¾ lb. of preserving sugar. Put both into a pan and let it stand 12 hours. Put the fruit and sugar into a preserving pan, bring slowly to the boil. Then boil quickly, skimming as the scum comes up. When nearly done add some kernels. Pour into warm jars, and cover down next day.

566.—Strawberry Jam.

strawberries. preserving sugar.

Remove the stalks from the strawberries, they should be quite dry for preserving. To every pound of fruit add ¾ lb. sugar. Put both in a preserving pan and bring slowly up to the boil, then boil rapidly for 35 to 40 minutes. Skim well, and take care in stirring to keep the fruit as whole as possible. Pour into pots, cover down the next day.

567.—Apple and Blackberry Jam.

4 lbs. apples. preserving sugar.
2 lbs. blackberries.

Put the blackberries in a pan with 1½ lbs. of sugar, and allow them to stand for 12 hours. Put the fruit into a preserving pan, cook gently until all the juice is extracted. Peel, core, and cut the apples into slices, put them into the preserving pan. Strain in the blackberry juice, add the rest

of the sugar, 3 lbs., allowing ¾ lb. to every pound of fruit. Boil gently for 45 to 50 minutes. Put into warm jars, and cover the next day.

568.—Gooseberry and Rhubarb Jam.

gooseberries. preserving sugar.
rhubarb.

Top and tail the gooseberries, cut up the rhubarb in pieces about 1 inch long. To every pound of fruit allow 1 pound of preserving sugar. Put both into a preserving pan, and bring slowly to the boil, then boil quickly, skimming occasionally when it begins to stiffen. When tested on a cold plate remove it. Pour into jars, tie down with jam papers the next day, and store in a cool, dry place.

569.—Vegetable Marrow Jam.

1 large marrow. brandy.
syrup. ginger.
lemon. cayenne pepper.

To every pound of marrow use 1 pound loaf sugar. Cut the marrow in small square chunks. make a syrup with brown sugar and water. Pour over the marrow and let it stand 48 hours. Put the marrow and loaf sugar in a preserving pan, add the juice and rind grated of 1 lemon. Tie the ginger and pepper in a muslin bag. Boil for 2 or more hours until the marrow is transparent. Add brandy (half a wine-glass). Put it in jars, cover and keep some months before using.

570.—Black Currant Jam.

black currants. preserving sugar.

Weigh the fruit and put half of it into a preserving pan with its weight in sugar, crushed. Extract the juice of the other half by putting it in a jar

in a cool oven or in a pan of boiling water. Strain through a hair sieve. Allow ½ pint of juice, and ½ lb. sugar to each pound.

571.—Green Tomato Jam.

To each pound of tomatoes allow—

½ lb. sugar.
preserved ginger.
½ pt. water.
grated rind and juice of 2 lemons.

To every 6 pounds of tomatoes add ¼ lb. preserved ginger, cut small. Put all except tomatoes into a pan with water and boil for 10 minutes. Skin and cut the tomatoes, add to the liquor, and boil half an hour or until it thickens.

572.—Rhubarb Jam (1).

One pound sugar to each pound of fruit. To every 3 lbs. of Rhubarb add ½ lb. of mixed candied peel, cut in small slices. Boil and skim the jam in the usual way, add the peel only 10 minutes before the jam is finished.

Make in August, and do not skin the rhubarb if tender.

573.—Rhubarb Jam (2).

6 lbs. rhubarb.
4 lbs. loaf sugar.
2 lemons.
1 oz. sweet almonds.
1 oz. bitter almonds.

To every 6 lbs. of rhubarb use the above ingredients. Boil the rhubarb till tender in water. Drain it, add all the other ingredients, and boil 1 hour.

574.—Green Grape Jam.

green grapes.
preserving sugar.

Obtain the grapes quite dry, put them in a preserving pan, and to each pound of fruit add

¾ lb. of sugar. Boil for half an hour, as the seeds rise to the top take them off with the scum.

575.—Red Currant Jelly.

currants. preserving sugar.

Pick the fruit when quite dry, put it in a preserving pan, and boil until all the juice is set free. Pour through a jelly bag. Add one pound of sugar to every pound of juice, boil quickly. When quite clear, remove from the fire. Pour the jelly into hot glasses or jars, fill to the brim, cover down the day after it is made. This jelly is served with roast mutton, hare, venison, etc.

576.—Quince Jelly.

6 lbs. quinces. preserving sugar.

Peel and core the quinces, put them in a preserving pan with enough water to cover, and cook gently till tender. Put it in a jelly bag and strain the juice through. To each pint of juice add 1 lb. sugar, boil till clear, and jellies when tested on a cold plate. Pour into jars, tie down next day.

577.—To Preserve Pears.

pears. sugar.
lemon. ginger.

Peel the pears, lay them in a jar with sugar, grated rind and juice of lemon, and some stick ginger. Cover the jar and place in a pan of boiling water, and cook slowly until the pears are tender. Put them in wide-necked bottles, strain the syrup over, and tie down securely with bladder. Store carefully in a cool, dry place.

578.—Gooseberries (Bottled).

gooseberries.

Choose sound unripe green gooseberries. Top and tail them, and put them in large wide-necked

bottles, put a layer of straw in a large fish kettle. Place in the bottles of gooseberries, bring slowly to boiling point. Then remove the fish kettle from the heat, but allow the bottles to stay in it until the gooseberries begin to rise in them. Pour in a little boiling water, cork tightly, tie down with bladder, and store in a dry and cool place. Sugar must be added to the gooseberries when using.

579.—To Bottle Plums.

plums. sugar.

Take off the stalks but do not stone the plums. Put the plums in glass bottles or jars with wide necks, tie down securely with bladder. Put the bottles in a large fish kettle or pot with a layer of straw on the bottom. Fill with cold water, and bring it slowly to the boil. Take the pot off the heat, but allow the bottles to remain in it until cold. Remove the bladder, fill the necks of bottles with sugar, and cork tightly. Cover with melted wax, and store in a suitable place.

580.—To Bottle Cherries.

cherries. boiling water.
melted fat.

Choose firm, dry fruit. Nearly fill some glass bottles with the fruit, put them in the oven until the fruit is warm, then pour over enough boiling water to cover well. Melt some mutton suet, pour in enough to form a layer on the top half an inch thick. Leave undisturbed till required, then remove the fat carefully, and use as fresh fruit.

581.—To Bottle Rhubarb.

rhubarb. water.

Wipe the rhubarb, and cut it into short lengths. Put it into clean sound bottles, fill with water that

has been boiled and allowed to get cold. Tie down and store in a cool, dry place.

582.—To Bottle Raspberries.

raspberries. sugar.

Pick over the raspberries, half fill the bottles with fruit. Make a syrup, using $\frac{1}{2}$ to $\frac{3}{4}$ lb. of sugar to each pint of water required boiled together. Pour the syrup over the fruit, leaving $\frac{1}{2}$ inch space at the top. Tie down securely with bladder. Place in a large boiler with cold water, heat slowly, and boil for 15 minutes. Cool slowly. Store in a cool, dry place.

CHAPTER XII.

MISCELLANEOUS DISHES.

(583 to 618.)

583.—Frying Batter.

2 ozs. flour.
1 yolk of egg.
1 tablespoonful salad oil.
2 whites of eggs.
2 tablespoonfuls milk.
1 tablespoonful water.
pepper and salt.

Sift the flour, add the salt and pepper. Make a well in centre, put in egg yolk, salad oil, mix with tepid water and the milk. Whip the whites stiffly and add just before using. It should be made early and allowed to stand for an hour or more. Drop the pieces of meat, fruit, fish, etc., in the batter. Well coat, drop in hot fat, and fry a golden brown.

584.—Aspic Jelly.

1½ pts. stock or water.
1 onion.
1 small carrot
1 small turnip.
stick of celery.
2 cloves.
bunch of herbs.
juice and rind of ½ lemon.
½ gill sherry.
2 tablespoonfuls vinegar
2 tablespoonfuls tarragon vinegar.
10 peppercorns.
salt.
2½ ozs. gelatine.
whites and shells of 2 eggs.

If stock is used remove every particle of fat. Put it in a saucepan with all the other ingredients except the whites and shells and the sherry. Stir

over the heat until the gelatine is dissolved. Whisk the whites slightly, and add the crushed shells. Whisk well until it comes to the boil, then stop whisking and let it boil gently for 10 minutes. Set aside for a few minutes with the lid partly on. Strain through a hot cloth, put the sherry through last. More gelatine must be used in hot weather.

585.—A Bouquet Garni.

sprig of parsley.
sprig of marjoram.
sprig of thyme.
1 bay leaf.
strip of lemon peel.
blade of mace.
2 cloves.
6 peppercorns.

Tie all together in a small piece of muslin. Use when making soups, stocks, gravies, stews, etc., to flavour. When the fresh herbs cannot be obtained a pinch of mixed dried herbs will answer the purpose.

586.—Baking Powder.

4 ozs. cornflour or ground rice.
3 ozs. bicarbonate of soda.
2 ozs. tartaric acid.
2 ozs. cream of tartar.

Mix all the ingredients together on a clean sheet of paper. Pass through a sieve twice. Keep in a tin.

587.—Veal Forcemeat.

4 ozs. bread crumbs.
2 ozs. suet.
1 teaspoonful chopped parsley.
½ teaspoonful mixed herbs.
grated lemon rind.
1 egg.
salt and pepper.

Chop the suet, add bread crumbs, parsley, herbs, and lemon rind. Mix with beaten egg. Season, and use as directed.

588.—To Boil Patna Rice.

rice. salt.
lemon juice.

Have a large white lined pan ready with plenty of boiling water. Wash the rice, plunge it into the water, to which salt and lemon juice have been added. Boil fast, stirring occasionally. Test by pinching a grain between the finger and thumb. When tender pour in a cup of cold water to stop it boiling, drain on a sieve. Pour cold water over to separate the grains. Dry on a greased paper in a cool oven, or in the saucepan covered with a clean dry cloth.

589.—Potted Beans.

½ pt. haricot beans. 2 ozs. butter.
2 ozs. bread crumbs. nutmeg to taste.
2 ozs. grated cheese. salt and pepper.

Soak the beans in soft water all night. Cook them in jar in a slow oven covered with water, until tender. Drain them, and pound in a mortar. Add the other ingredients gradually. Press into pots and cover with melted butter. This mixture makes very good sandwiches, or can be used as a savoury spread on buttered toast and served very hot.

Beans or lentils can be made into croquettes by adding bread crumbs, chopped onion and parsley, salt and pepper, making into croquettes. Dip in egg and crumbs, and fry in deep fat.

590.—Potted Bloaters.

6 Yarmouth bloaters. 1 teaspoonful anchovy
6 ozs. clarified butter. sauce.
little mace. cayenne.

Cut off the heads and tails from the bloaters, put them in scalding water to remove the skin.

Take away the bones, put them in a stewpan with butter, mace, anchovy sauce, and cayenne, simmer all together over a gentle heat for 10 minutes. Pound in a mortar, and rub through a sieve, put into small pots, and cover with clarified butter.

591.—Potted Shrimps.

1 pt. shrimps.
4 ozs. clarified butter.
little mace.
1 teaspoonful anchovy essence.
pinch cayenne.

Pick off heads, and shell the shrimps. Pound the shells in a mortar with butter, mace, anchovy, and cayenne. Rub through a hair sieve, add the shrimps, and fill small pots. Cover with clarified butter.

592.—Creme de Menthe.

12 to 15 sprigs of young mint.
juice of 2 lemons.
4 ozs. sugar candy.
1 pt. brandy.

Lay the sprigs of mint in a jar. Strain over the juice of lemons, add crushed sugar candy and brandy. Cover closely, and let it infuse for 14 days.

593.—Kummel.

1 oz. carraway seeds.
½ oz. sugar candy.
1½ pts. gin.

Put the carraway seeds and sugar candy in a wine bottle, and fill up with gin. Stand 2 months before straining.

594.—Ginger Brandy.

1 oz. ginger.
1 oz. sugar candy.
1 bottle brandy.

If possible obtain some of the old green Jamaica ginger, bruise it slightly, put 3 or 4 large pieces in a bottle, and fill up with brandy. Add the sugar candy. Cork up and let it stand 1 month and

strain. If the ginger is very strong less will be required.

595.—Garbette Liqueur.

black currants. gin.
castor sugar.

Divide a wine bottle into three divisions, fill the first with black currants, the second with castor sugar, and the third with gin. Next day add some more gin, and continue adding it until the bottle will hold no more. Cork it tightly, and shake it every day for a week. It will be fit for use in 6 months, but it will be better kept longer. Strain through muslin as wanted.

596.—Cherry Brandy.

cherries. brandy.
castor sugar.

Stalk the cherries, they should be freshly gathered, prick them all over with a fine needle. Fill some bottles two-thirds full of cherries, sprinkle them well with castor sugar, fill up the bottles with best brandy.

597.—Milk Punch.

1 qt. water. 1 lb. loaf sugar.
1 qt. rum. 1 nutmeg.
½ pt. lemon juice. ½ pt. milk.

Mix water, rum, sugar, lemon juice and grated nutmeg all together, then pour in the milk, boiling, let it stand for 2 hours, strain through muslin, and bottle it.

598.—Orange Whiskey.

8 lemons. 1 gallon Irish whisky.
8 Seville oranges. saffron.
3 lbs. loaf sugar.

Pare the oranges and lemons very thinly, add sugar, whisky, and a little saffron to make

it a golden colour. Stir every day for a fortnight, and strain into pint bottles. Orange gin is made by using gin instead of whisky.

599.—Ginger Lemonade.

12 lbs. loaf sugar.
½ lb. ginger.
6 whites of eggs.
9 large lemons.
½ oz. isinglass.
2 tablespoonfuls yeast.
10 gallons water.

Put the sugar into 10 gallons of water, boil 20 minutes, clear it with whites of eggs. Crush half a pound ginger, boil it with sugar and water. Pour the boiling liquid on the lemons, pared and sliced, let it get cold, put it to work with the yeast on slices of toast. Strain into a cask and bung next day. It will be ready in a fortnight.

600.—Orange Wine.

90 Seville oranges. 32 lbs. sugar.

A 9-gallon cask is required. Put the sugar, crushed, into the cask, have ready 2 large pans, into one put the peel of the oranges ; into the other the pulp, after the juice has been squeezed from it. Strain the juice into the cask, pour 1½ gallons of cold, spring water on peel and pulp, let each stand 24 hours. Then strain juice from both into the cask, add more water to peel and pulp, and keep filling up cask with it every day for a week. Let it stay a few days, then bung down securely.

601.—Ginger Wine.

This is made in the same way as orange wine, adding 3 lbs. whole ginger tied in a muslin bag, and put into cask the same time as the sugar.

602.—Gin Cordial.

8 Seville oranges.
8 lemons.
1 gallon gin.
2½ lbs. loaf sugar.

Cut the rind off the lemons and oranges very thinly. Add the rind only, with sugar pounded to gin. Stir or shake well twice every day for a fortnight. Strain through muslin, bottle it, and it is ready for use. It improves by keeping.

603.—Orange Liqueur.

large Seville orange.
½ doz. cloves.
1½ pts. gin.
1¼ lbs. loaf sugar.
½ pt. water

Stick the cloves in the orange, put it in an earthenware jar with the gin, which should be the best. Leave it for a month. Boil the loaf sugar with water quickly into a syrup. Add to the gin and filter through blotting paper. Bottle it and cork tightly. It is fit to drink in 3 months, but is better kept longer. This quantity makes nearly 3 pints of liqueur.

604.—Cocoanut Ice.

1 lb. loaf sugar.
½ pt. water or cocoanut milk.
4 ozs. grated cocoanut.
colouring.

Put the sugar into a stewpan, pour over water or milk from cocoanut, and allow it to stand for half an hour. Then place it on fire and allow it to cook for 5 or 6 minutes. Remove the scum and boil the sugar until it is thick and white. Stir into it 4 ozs. of grated fresh cocoanut, and continue stirring until it rises in a mass in the pan. Spread quickly in a shallow tin lined with buttered paper. Half of it may be coloured pink with carmine. Before quite cold cut into fingers.

605.—Chocolate.

3 ozs. grated chocolate.
1 pt. new milk.
1 white of egg.
cream.

Mix the grated chocolate with enough water to make it a smooth paste. Put it in a double saucepan or chocolate pot, pour over it 1 pint of boiling new milk. Stir well and let it boil 2 or 3 minutes. Stir in whipped white of an egg, add a little cream, and serve.

606.—Walnut Candy.

To 1 lb. brown sugar add 1 small cup of milk, boil 15 to 20 minutes, stirring constantly. Then add 1 cupful chopped walnuts, flavour with vanilla, and at once take off the fire. Stir till the mixture thickens. Drop into small cakes or put into buttered dishes.

607.—Marrons Glacé.

chestnuts.
syrup.
loaf sugar.

Blanch and skin the chestnuts, boil them in highly flavoured syrup till tender, taking care not to break them. Stick each on a sharp thin knitting needle. Dip each into sugar, boiled to the crack. Leave them until hard and cold.

608.—Chocolate Caramels.

¼ lb. chocolate.
¼ lb. butter.
1 teacupful milk.
1½ lbs. white sugar.
vanilla essence.

Melt the butter in a stewpan, add the sugar and milk, then the chocolate, broken into small pieces. Let this mixture boil for 10 minutes, stir constantly. Add vanilla just before removing it from the fire. Pour into buttered tins. Cut out before it gets quite cold into squares.

609.—Walnut Creams.

1 white of egg.	walnuts.
castor sugar.	flavouring.

Take the white of egg and stir to it enough sugar to be able to roll it in balls. Flavour as liked, and set in a cool place for 10 or 15 minutes. Then roll into balls and place half an English walnut on either side of each ball, and press together.

610.—Ice Pudding.

1½ pts. milk.	1 oz. citron.
6 yolks of eggs.	½ pt. cream.
4 ozs. sugar.	vanilla.
4 ozs. crystallised fruits.	1 glass maraschino.

Make a custard with the milk, yolks of eggs, and sugar, and allow it to get cold. Cut up all the fruit into tiny squares, put them in a basin, and soak with the maraschino. Add some vanilla essence to the custard, put it in the ice machine and half freeze it. Add the fruits and cream, slightly whipped. Continue freezing until quite firm and solid, pack it into a mould. Wrap the mould in paper and put it into a pail of ice and salt, and leave for 5 or 6 hours. To unmould it dip a cloth in cold water and wrap round it, and turn on to a dish and serve with ice wafers.

611.—Apricot Ice.

1 lb. apricots.	water.
½ pt. custard.	sugar.
¾ pt. cream.	lemon.

Cook the apricots till tender in water with with sugar, rub through a sieve. Add to it ½ pint custard and ¾ pint cream, and the juice of half a lemon to the apricot purée. Sweeten, and freeze in an ice machine in the usual way.

612.—Iced Coffee.

8 ozs. coffee.
1 qt. water.
1 pt. milk.
2 eggs.
½ gill cream.
sugar.

Make the coffee and allow it to get cold. Beat the eggs very lightly, and add with milk, sugar and cream. To freeze it must be rather sweeter than usual. Stand in a refrigerator for 5 or 6 hours ; a pail containing ice and freezing salt will answer the purpose, but it must not be allowed to freeze. The eggs may be left out if liked.

613.—Bombay Sandwiches.

ham.
butter.
chutney.
cayenne.
bread and butter.

Mince the ham finely, pound it in a mortar with cayenne, and a little butter. Spread this on bread and butter with a layer of chutney on the top, press together and cut in fancy shapes.

614.—Sardine and Tomato Sandwiches.

3 or 4 sardines.
tomatoes.
1 oz. butter.
salt.
cayenne.
brown bread and butter.

Skin the sardines, remove the bone. Pound in a mortar with butter, salt and cayenne, remove the skins of the tomatoes by putting them for a moment in boiling water. Take the slices of brown bread and butter, spread with sardine mixture, and then slices of tomatoes. Press together, cut in neat shapes, and serve garnished with watercress.

615.—Egg and Gherkin Sandwiches.

3 eggs.
3 gherkins.
cayenne.
bread and butter.

Chop the eggs very finely and the gherkins. Mix with them a little salt and cayenne. Spread

on bread and butter, press together, cut in fancy shapes and serve.

616.—To Destroy Beetles and Cockroaches.

1 teaspoonful powdered arsenic.
1 tablespoonful mashed potatoes.

Rub and mix both well together, crumble about one-third of it about the kitchen hearth at bed-time. Sweep up the crumbs in the morning.

617.—Furniture Polish.

½ pt. linseed oil.
½ pt. turpentine.
¼ pt. vinegar.
¼ oz. butter of antimony.

Put ingredients in a bottle and shake every day for a week. Apply with a rag.

618.—Soap for Cleaning Silver.

½ lb. common soap.
½ lb. whiting.
½ lb. soda.
1 qt. boiling water.

Boil together and stir till it thickens. Pour into a dish, and cut up when cold. Wash silver with a piece of flannel and this soap.

Jarrold & Sons, Ltd., The Empire Press, Norwich.